

Nofio Sir Gar Open Meet 2026 - 17/01/2026 to 18/01/2026

Results - Session 3 (Warmup 3.40 - 4.40)

Event 301 Girls 9-10 100 SC Meter Backstroke				
	Name	Age	Team	Finals Time
1	Butcher, Freya S	10	Swansea Aq	1:26.55
	42.73	43.82		
2	Demchyshyna, Viktoriia	10	Amman Valley	1:36.21
	48.04	48.17		
3	Gil Wood, Sofia A	10	Swansea Aq	1:36.80
	47.72	49.08		
4	Parsons, Effie	10	Co Cardiff	1:39.98
	48.93	51.05		
5	Roberts, Emily	10	Co Cardiff	1:42.08
	48.88	53.20		
6	Evans, Sylvie	10	Llanelli	1:43.84
	52.10	51.74		
7	Dedman, Ivy	9	Tenby Dolphins	1:43.88
	50.70	53.18		
8	Hawksworth Garcia, Frida	9	Swansea Aq	1:45.94
	51.28	54.66		
9	Bullock, Roseanna E	9	Carmarthen	1:53.34
	54.79	58.55		
10	Tabiowo, Aria	10	Co Cardiff	1:53.83
11	Williams, Emily	9	Llanelli	1:54.65
	56.96	57.69		
12	Raistrick, Evelyn	10	Amman Valley	1:54.78
	56.93	57.85		
13	Leigh, Lucie	9	Co Cardiff	1:55.47
	57.63	57.84		
14	Griffith, Ariana M	10	Swansea Aq	1:56.47
	56.88	59.59		
15	Bool, Lani	9	Hsc	2:03.15
	1:00.17	1:02.98		
16	Dashfield, Lottie	10	Tenby Dolphins	2:04.46
	1:00.24	1:04.22		
17	Nicholas, Belle	10	Milford Havn	2:13.96
	1:05.50	1:08.46		
18	Roscoe, Evelyn	10	Hsc	2:26.20
	1:11.49	1:14.71		
---	Ward, Ella-Rae	9	Co Cardiff	DQ
	55.73	57.92		
---	Husband, Alysia	10	Hsc	DQ
	45.36	47.11		
Event 301 Girls 11-12 100 SC Meter Backstroke				
	Name	Age	Team	Finals Time
1	Davies, Elizabeth	12	Pembs Cty	1:14.13
	36.59	37.54		
2	Hawkins, Lottie	12	Pembs Cty	1:16.35
	37.75	38.60		
3	Soul, Anna F	11	Swansea Aq	1:22.76
	40.65	42.11		
4	Enoch, Erin L	11	Carmarthen	1:26.07
	43.45	42.62		
5	Francis, Mia	12	Pembs Cty	1:27.95
6	Lennon, Amelia-Rose	12	Carmarthen	1:28.42
	44.23	44.19		
7	Morgan, Iolah	11	Pembs Cty	1:28.98
	44.35	44.63		
8	Hope, Brooke	11	Tenby Dolphins	1:29.64
	42.59	47.05		
9	Watson, Isabelle	12	Neath	1:31.35
	43.93	47.42		

10	Bullock, Georgia M		12	Carmarthen	1:35.68
	46.28	49.40			
11	Williams, Eva M		11	Swansea Aq	1:36.76
	47.04	49.72			
12	De-Schoolmeester, Eve		12	Bridgend SC	1:38.43
	48.22	50.21			
13	Davies, Phoebe		11	Tenby Dolphins	1:42.98
	49.45	53.53			
14	O Callaghan, Georgia		11	Co Cardiff	1:45.47
	49.99	55.48			
15	Popham, Nyla C		11	Swansea Aq	1:46.55
	52.21	54.34			
16	Major, Esmee		11	Hsc	1:47.65
	52.22	55.43			
17	Yardley, Nia		11	Bridgend SC	1:50.77
	52.88	57.89			
18	Gregory, Grace		11	Amman Valley	1:51.16
	52.32	58.84			
19	James, Scarlett		11	Co Cardiff	1:51.52
	53.63	57.89			
20	Evans, Lowri Carys		11	Carmarthen	1:52.93
	53.78	59.15			
21	Percival, Kitty-Rae		11	C Dolphins	1:56.35
	55.33	1:01.02			
22	Walters, Ellie-Mae		12	Hsc	2:05.22
	1:02.40	1:02.82			
23	Dalton, Daisy		11	Hsc	2:05.66
	1:02.21	1:03.45			
24	Nel, Summer		11	Hsc	2:05.88
	1:00.48	1:05.40			
---	Anderson, Maisy		11	Co Cardiff	DQ
---	Tooze, Moli		11	Aberystwyth	DQ
	42.26	45.92			
Event 301 Girls 13-14 100 SC Meter Backstroke					
	Name	Age	Team	Finals Time	
1	Jones, Hunydd	14	Nofio S Gar	1:11.34	
	34.62	36.72			
2	Layland, Seren	14	Penyrheol	1:11.67	
	1:11.67				
3	Jenkins, Elli J	14	Swansea Aq	1:15.56	
	36.93	38.63			
4	Mcfarlane, Una	14	Pembs Cty	1:16.22	
	37.45	38.77			
5	Pinnock, Betsan R	13	Swansea Aq	1:16.30	
	37.37	38.93			
6	Davies, Ava	13	Llanelli	1:17.41	
	37.60	39.81			
7	Hall, Ellena	14	Pembs Cty	1:19.12	
	38.60	40.52			
8	Parry, Abigail	13	Carmarthen	1:19.99	
	38.79	41.20			
9	Rowland, Scarlett	13	Neath	1:20.59	
	38.66	41.93			
10	Morgan, Evelyn	14	Nofio S Gar	1:21.12	
	39.65	41.47			
11	Morris, Ffion H	13	Pembs Cty	1:21.38	
	38.46	42.92			
12	Kaill-Franks, Nia	14	Pembs Cty	1:21.46	
	39.30	42.16			
13	Hall, Isabelle	14	Pembs Cty	1:21.85	
	39.76	42.09			

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(Event 301 Girls 13-14 100 SC Meter Backstroke)					Event 301 Boys 9-10 100 SC Meter Backstroke				
Name		Age	Team	Finals Time	Name		Age	Team	Finals Time
14	Gil Wood, Elena		13 Swansea Aq	1:23.87	1	Boyle, Toby M		10 Carmarthen	1:37.07
	40.80	43.07				46.41	50.66		
15	Percival, Bella		13 C Dolphins	1:27.67	2	Hearne, Logan		10 Tenby Dolphins	1:38.66
	42.95	44.72				47.76	50.90		
16	Griffiths, Elizabeth		14 Fishguard	1:29.64	3	Filmer, Owen		10 Aberystwyth	1:40.68
	42.61	47.03				48.63	52.05		
17	Davies, Lauren		14 Llanelli	1:30.66	4	Biggs, Harri		9 Co Cardiff	1:50.03
	44.46	46.20				54.79	55.24		
18	Joseph, Ellie		13 C Dolphins	1:30.99	5	Jenkins, Evan		10 Co Cardiff	1:53.19
	44.10	46.89				54.64	58.55		
19	Davies, Betsi		13 Pembs Cty	1:32.25	6	Gee, Ruben		9 Co Cardiff	1:54.74
	44.48	47.77				55.51	59.23		
20	Jenkins, Alys		13 Amman Valley	1:32.42	---	Moore, Freddy		10 Fishguard	DQ
	45.77	46.65				49.02	49.49		
21	Massey, Mia		13 C Dolphins	1:32.79	---	Munn, Osian		9 Co Cardiff	DQ
	45.26	47.53			---	Evans, Iorwerth R		9 Fishguard	DQ
22	Williams, Eve		13 Penyrheol	1:35.55		55.42	58.51		
	45.58	49.97							
23	White, Mattie		13 Co Cardiff	1:39.16	Event 301 Boys 11-12 100 SC Meter Backstroke				
	1:39.20				Name		Age	Team	Finals Time
24	Besley, Freya		13 Penyrheol	1:41.39	1	Pyzer, Cyrus A		12 Carmarthen	1:20.03
	48.86	52.53				39.41	40.62		
25	Richards, Catrin A		13 Penyrheol	1:48.50	2	Bool, Iolo		12 Pembs Cty	1:20.24
	53.73	54.77				39.56	40.68		
26	Facey, Alisha		13 C Dolphins	2:02.59	3	Jermin, Morgan		12 Llanelli	1:20.88
	57.60	1:04.99				39.85	41.03		
27	Griffiths, Evelyn		14 Milford Havn	2:05.60	4	Lloyd, Vincent-Owen		12 Llanelli	1:23.02
	1:01.23	1:04.37				41.57	41.45		
Event 301 Women 15 & Over 100 SC Meter Backstroke					5	Leahy, Herbie		11 Pembs Cty	1:26.15
Name		Age	Team	Finals Time		42.06	44.09		
1	Geach, Libbie		16 Nofio S Gar	1:09.41	6	Munt, Oliver		12 Hsc	1:28.85
	33.32	36.09				43.84	45.01		
2	Bruce, Skye		16 Pembs Cty	1:12.22	7	Edmunds, Rhys T		11 Swansea Aq	1:33.61
	35.27	36.95				45.40	48.21		
3	Upton-Boorman, Isabella		15 Nofio S Gar	1:12.56	8	Couzens, Sebastian		12 Fishguard	1:37.12
	35.03	37.53				47.57	49.55		
4	Philpott, Ffion		16 Nofio S Gar	1:13.07	9	Blatchford, Gruff		12 Co Cardiff	1:40.81
	35.75	37.32				48.97	51.84		
5	Thompson, Freya		15 Pembs Cty	1:13.62	10	Marques-Jones, Idris		11 Carmarthen	1:43.03
	35.33	38.29				50.58	52.45		
6	Goodliffe, Faith R		25 C Dolphins	1:15.06	11	Schneeweiss Tommasin, Benja		12 Swansea Aq	1:44.94
	36.05	39.01				50.20	54.74		
7	Clissold, Bronwyn		17 Pembs Cty	1:15.26	12	Edwards, Donnacha		11 Co Cardiff	1:50.07
	36.48	38.78				55.09	54.98		
8	Williams, Hollie		18 Nofio S Gar	1:16.54	13	Hayward, Adam		11 Milford Havn	2:01.55
	36.55	39.99				57.54	1:04.01		
9	George, Eilir		15 Llanelli	1:17.31	---	Williams, Tom		11 Hsc	DQ
	36.51	40.80				53.36	1:00.36		
10	Clissold, Elizabeth		19 Pembs Cty	1:18.28	Event 301 Boys 13-14 100 SC Meter Backstroke				
	37.87	40.41			Name		Age	Team	Finals Time
11	Miles, Megan		17 Pembs Cty	1:20.73	1	Morgan, Cole		14 C Dolphins	1:09.45
	39.21	41.52				33.52	35.93		
12	Murphy, Sienna		15 Llanelli	1:30.91	2	Waters, Toby		14 Swansea Aq	1:12.53
	44.59	46.32				35.18	37.35		
13	Tucker, Lowri		16 Llanelli	1:33.46	3	Jones, Dafydd		13 Carmarthen	1:12.79
	46.53	46.93				36.53	36.26		
14	Selby, Chloe		15 Neath	1:38.82	4	Jones, Indi		13 Bridgend SC	1:14.18
	47.78	51.04				35.93	38.25		

Nofio Sir Gar Open Meet 2026 - 17/01/2026 to 18/01/2026

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(Event 301 Boys 13-14 100 SC Meter Backstroke)					9	Symmons, Bronwen D	10	Carmarthen	3:46.88
Name		Age	Team	Finals Time		56.39	55.57	1:07.95	46.97
5	Bevan, Driw	13	Llanelli	1:16.11	10	Hawthornthwaite, Frida		9	Swansea Aq
	37.40	38.71				1:00.64	54.56	1:06.43	50.61
6	Rines, Harri	14	Bridgend SC	1:17.26	11	Monan, Frances		9	Tenby Dolphins
	37.62	39.64				57.26	58.69	1:07.71	54.63
7	Bowes, James F	13	Carmarthen	1:17.32	12	Laxton, Lizzie		9	Co Cardiff
	37.86	39.46				55.50	1:07.27	1:03.49	52.07
8	Fogarty, Oliver	13	Pembs Cty	1:17.37	13	Ward, Ella-Rae		9	Co Cardiff
	37.01	40.36				1:03.08	57.26	1:10.21	54.45
9	Marques-Jones, Felix	13	Carmarthen	1:17.60	14	Leigh, Lucie		9	Co Cardiff
	37.80	39.80				1:01.50	1:05.29	1:12.57	48.54
10	Moore, Hari	13	Pembs Cty	1:20.09	15	Nemtsov, Anastasia		10	Co Cardiff
	39.04	41.05				57.45	1:05.06	1:08.80	1:00.13
11	Abell, Ronan	14	Neath	1:25.10	16	Symmonds, Taya		10	Hsc
	41.21	43.89				1:07.64	1:02.79	1:11.09	51.58
12	Yardley, Josh	13	Bridgend SC	1:34.46	17	Dashfield, Lottie		10	Tenby Dolphins
	46.22	48.24				1:11.54	1:09.03	1:08.31	56.77
13	Williams-Powell, Ieuan	13	C Dolphins	1:34.99	18	Backen, Matilda		9	Fishguard
	45.51	49.48				1:02.32	1:09.24	1:18.88	58.98
Event 301 Men 15 & Over 100 SC Meter Backstroke					19	Tabiowoo, Aria		10	Co Cardiff
Name		Age	Team	Finals Time				1:22.85	58.15
1	Rukov, Ivan	18	Aberystwyth	1:05.92	20	Major, Selma		10	Hsc
	31.62	34.30				1:17.37	1:12.82	1:24.95	1:02.70
2	Galbraith, Elian	16	Llanelli	1:06.16	21	Adams, Elizabeth		10	Hsc
	31.54	34.62				1:20.87	2:39.55	1:08.06	
3	Lewis, Gethin	17	Bridgend SC	1:06.37	---	Tree, Lois		10	Hsc
	31.44	34.93				1:20.58	1:01.66	1:17.39	59.10
4	Gray, Gruffudd I	16	Swansea Aq	1:07.24	---	Monan, Hazel		10	Tenby Dolphins
	32.77	34.47				51.82	49.88	1:02.95	47.97
5	Ballantyne, Alex	16	Bridgend SC	1:11.24	Event 302 Girls 11-12 200 SC Meter IM				
	34.67	36.57			Name		Age	Team	Finals Time
6	Lerigo, Oli	15	Aberystwyth	1:12.49	1	Berner, Lyla	12	Nofio S Gar	2:28.21
	34.72	37.77				31.64	38.77	44.58	33.22
7	Thomas, Rhys	15	Pembs Cty	1:12.93	2	Lewis, Evie	12	Pembs Cty	2:51.46
	35.37	37.56				36.59	44.48	50.77	39.62
8	Thomas, Tristan	15	Pembs Cty	1:16.67	3	Kurys, Emiliese J	11	Carmarthen	2:55.27
	37.12	39.55				39.29	44.93	52.41	38.64
9	Foale, Jack	15	Aberystwyth	1:24.87	4	Hawkins, Lottie	12	Pembs Cty	2:56.77
	40.70	44.17				39.81	43.19	54.42	39.35
10	Smith, Caelan	15	Hsc	1:27.69	5	Enoch, Erin L	11	Carmarthen	3:07.13
	41.72	45.97				42.69	48.94	56.81	38.69
Event 302 Girls 9-10 200 SC Meter IM					6	Francis, Mia	12	Pembs Cty	3:08.89
Name		Age	Team	Finals Time		43.16	48.18	55.62	41.93
1	Nicklin, Parker	10	Amman Valley	3:18.44	7	Kurys, Bonnie P	12	Carmarthen	3:09.03
	47.36	51.04	56.16	43.88		45.52	46.51	54.86	42.14
2	Holborow, Esmay	10	Amman Valley	3:28.59	8	Henson, Jessica	12	Pembs Cty	3:10.31
	53.07	56.55	53.69	45.28		44.26	48.07	54.28	43.70
3	Gil Wood, Sofia A	10	Swansea Aq	3:30.99	9	Austin, Sophie Haf	12	C Dolphins	3:11.00
	48.80	54.85	59.26	48.08		42.32	48.45	59.64	40.59
4	Husband, Alysia	10	Hsc	3:35.99	10	Mason, Ezmee	12	Pembs Cty	3:14.10
	53.10	1:54.80	48.09			43.67	49.82	58.76	41.85
5	Parsons, Effie	10	Co Cardiff	3:40.15	11	Morris, Megan	12	Neath	3:14.83
	48.43	58.53	1:03.68	49.51		42.32	51.39	54.59	46.53
6	Demchyshyna, Viktoriia	10	Amman Valley	3:41.07	12	Dashfield, Olivia	12	Pembs Cty	3:20.13
	52.40	54.87	1:03.81	49.99		46.70	50.62	56.09	46.72
7	Holland, Ffion	10	Bridgend SC	3:41.72	13	Morgan, Iolah	11	Pembs Cty	3:20.52
	53.60	55.24	1:06.10	46.78		49.60	49.87	58.36	42.69
8	Jones, Zara	9	Llanelli	3:44.86	14	Jenkins, Olivia I	12	Swansea Aq	3:22.28
	49.91	55.93	1:09.02	50.00		44.73	48.47	1:01.22	47.86

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(Event 302 Girls 11-12 200 SC Meter IM)				
Name		Age	Team	Finals Time
15	De-Schoolmeester, Eve	12	Bridgend SC	3:26.81
	45.89	54.32	58.81	47.79
16	Tooze, Moli	11	Aberystwyth	3:29.35
	48.92	50.47	1:01.89	48.07
17	Arnold, Olivia	12	Milford Havn	3:29.69
	44.69	51.73	1:08.78	44.49
18	Bullock, Georgia M	12	Carmarthen	3:34.40
	47.13	53.45	1:04.05	49.77
19	Antwhistle, Esme W	11	Swansea Aq	3:42.11
	52.50	57.13	1:02.57	49.91
20	Williams, Alys	12	Carmarthen	3:45.20
	51.52	56.17	1:08.13	49.38
21	Gallagher, Thia C	11	Swansea Aq	3:47.89
22	Llewellyn, Anwen	11	Hsc	3:51.61
	51.47	1:02.68	1:06.51	50.95
23	Owen, Molly	11	Penyrheol	3:54.54
	55.12	54.56	1:13.86	51.00
24	Beecham, Emelia-May	11	Fishguard	3:56.85
	58.02	1:01.22	1:07.51	50.10
25	Anderson, Maisy	11	Co Cardiff	4:04.43
	1:05.95	57.76	1:11.03	49.69
26	Dalton, Daisy	11	Hsc	4:15.67
			1:15.56	49.32
27	James, Scarlett	11	Co Cardiff	4:17.11
	1:05.82	1:05.98	1:12.06	53.25
---	McFarlane, Mali	11	Milford Havn	DQ
	49.07	1:56.57	46.63	
---	Major, Esmee	11	Hsc	DQ
	56.45	59.64	1:11.78	55.92
---	Popham, Nyla C	11	Swansea Aq	DQ
	55.47	57.50	1:04.01	51.36
Event 302 Girls 13-14 200 SC Meter IM				
Name		Age	Team	Finals Time
1	Davies, Isabella	14	Nofio S Gar	2:33.39
	35.23	40.44	42.79	34.93
2	Kazmiruk, Anastasiia	14	Nofio S Gar	2:37.38
	32.90	40.43	47.23	36.82
3	Burns, Freya	14	Nofio S Gar	2:39.44
	34.19	40.44	50.66	34.15
4	Patterson, Hollie M	14	Carmarthen	2:39.76
	35.29	42.24	46.80	35.43
5	Jones, Hunydd	14	Nofio S Gar	2:40.28
	36.81	40.46	46.71	36.30
6	Evans, Cadi	13	Penyrheol	2:42.84
	35.49	45.36	44.78	37.21
7	Goodman, Evie	14	Swansea Aq	2:44.63
	34.03	42.03	51.89	36.68
8	Vaughan, Felicity	13	Bridgend SC	2:48.07
	35.27	40.94	53.40	38.46
9	Parry, Abigail	13	Carmarthen	2:48.43
	37.46	45.51	45.54	39.92
10	Goodman, Lola	14	Swansea Aq	2:49.40
	35.57	41.83	55.37	36.63
11	Pinnock, Betsan R	13	Swansea Aq	2:50.46
	36.79	39.79	53.66	40.22
12	Mitrjaikina, Scarlet	13	Swansea Aq	2:50.60
	36.98	44.63	50.26	38.73

13	Dyde, Pheobe		13	Pembs Cty	2:53.38		
	36.79	45.49		51.10	40.00		
14	Kenny, Jemima		14	Pembs Cty	2:53.80		
	2:53.80						
15	Griffiths, Ffion		14	Pembs Cty	2:54.94		
	35.29	42.86		57.15	39.64		
16	Duncan, Ava		13	Amman Valley	2:58.22		
17	Morris, Ffion H		13	Pembs Cty	2:59.23		
	42.55	41.73		53.92	41.03		
18	Kasto, Evie T		14	Swansea Aq	3:05.33		
	36.98	48.33		56.69	43.33		
19	Foldi, Kristina		13	Pembs Cty	3:06.27		
	39.59	46.88		58.68	41.12		
20	Couzens, Sibylla		14	Pembs Cty	3:13.42		
	42.56	49.14		55.98	45.74		
21	Fenemore, Emily G		13	Carmarthen	3:15.95		
	43.49	50.25		57.45	44.76		
22	Jenkins, Alys		13	Amman Valley	3:27.43		
	50.48	52.89		58.71	45.35		
23	Williams, Eve		13	Penyrheol	3:39.35		
	51.25	51.16		1:04.43	52.51		
24	Harrison, Abigail		13	Neath	3:46.55		
	52.00	54.89		1:03.77	55.89		
25	Owen, Charlotte		13	Penyrheol	3:49.84		
	52.65	54.23		1:13.14	49.82		
26	Evans, Mari F		14	Carmarthen	3:50.98		
	54.35	54.70		1:10.03	51.90		
Event 302 Women 15 & Over 200 SC Meter IM							
Name		Age		Team		Finals Time	
1	Lewis, Lowri	19	Neath			2:34.66	
	31.68	41.39	45.71	35.88			
2	Williams, Marys E	16	Swansea Aq			2:34.88	
	32.55	40.71	45.39	36.23			
3	Powell, Josie	15	Bridgend SC			2:42.67	
	34.17	43.21	45.36	39.93			
4	George, Eilir	15	Llanelli			2:47.79	
	35.30	41.63	51.45	39.41			
5	Jenkins, Alexandra G	16	Swansea Aq			2:50.63	
	35.95	44.92	52.44	37.32			
6	Bruce, Skye	16	Pembs Cty			2:50.68	
	37.63	42.00	53.35	37.70			
7	Carter, Ava	17	Penyrheol			2:51.52	
	35.11	41.43	53.68	41.30			
8	Mason, Phoebe	15	Pembs Cty			2:55.49	
	38.61	43.87	53.61	39.40			
9	Ostrowski, Julia	17	Pembs Cty			2:57.38	
	37.03	45.55	52.61	42.19			
10	Bowen, Seren E	15	Carmarthen			3:01.38	
	37.97	46.65	55.47	41.29			
11	Lewis, Megan	15	Milford Havn			3:38.88	
	49.81	55.55	1:04.73	48.79			
12	Owen, Annabelle	15	Penyrheol			3:53.19	
	50.37	55.93	1:15.88	51.01			
---	Knight, Lily	15	C Dolphins			DQ	
	37.92	44.59	46.13	39.55			
Event 302 Boys 9-10 200 SC Meter IM							
Name		Age		Team			Finals Time
1	Hearne, Logan	10	Tenby Dolphins				3:26.09
	45.27	52.43	1:03.03	45.36			

Nofio Sir Gar Open Meet 2026 - 17/01/2026 to 18/01/2026

Results - Session 3 (Warmup 3.40 - 4.40)

Event 302 Boys 9-10 200 SC Meter IM					Event 302 Boys 13-14 200 SC Meter IM				
Name		AgeTeam		Finals Time	Name		AgeTeam		Finals Time
2	Boyle, Toby M	10	Carmarthen	3:36.43	1	Evans, Sam	13	Pembs Cty	2:33.92
	52.50	51.74	1:05.62	46.57		32.45	40.23	46.86	34.38
3	Ballantyne, Nikki	10	Bridgend SC	3:49.21	2	Fogarty, Oliver	13	Pembs Cty	2:36.52
	49.70	1:00.97	1:07.12	51.42		32.62	42.96	46.49	34.45
4	Hughes, Isaac W	9	Swansea Aq	3:52.53	3	Jones, Dafydd	13	Carmarthen	2:37.21
	55.70	58.13	1:10.48	48.22		36.06	40.01	46.45	34.69
5	Munn, Osian	9	Co Cardiff	4:19.08	4	Marques-Jones, Felix	13	Carmarthen	2:44.10
	1:03.93	1:01.06	1:14.89	59.20		36.77	43.98	45.62	37.73
---	Pleydell-Pearce, Sebastian	9	Bridgend SC	DQ	5	Antwhistle, Isaac J	13	Swansea Aq	2:44.23
	1:16.44	1:04.39	1:20.34	54.84		37.28	41.38	49.60	35.97
---	Biggs, Harri	9	Co Cardiff	DQ	6	Collins, Thomas	13	Penyrheol	2:44.42
	1:00.20	1:02.58	1:20.32	54.57		33.42	40.63	52.88	37.49
---	Arnold, Dylan	10	C Dolphins	DQ	7	Bowes, James F	13	Carmarthen	2:49.86
						36.09	44.08	53.06	36.63
Event 302 Boys 11-12 200 SC Meter IM					8	Backen, Freddie	13	Pembs Cty	2:50.39
Name		AgeTeam		Finals Time	<td>37.75</td> <td>44.99</td> <td>48.71</td> <td>38.94</td>	37.75	44.99	48.71	38.94
1	Bool, Iolo	12	Pembs Cty	2:51.82	9	Jones, Dion R	14	Carmarthen	3:02.62
	39.29	43.08	51.19	38.26		42.72	46.27	54.64	38.99
2	Jermin, Morgan	12	Llanelli	2:52.71	10	Batchelor, Joshua	14	Bridgend SC	3:03.36
	37.04	43.60	52.00	40.07		39.55	48.18	54.75	40.88
3	Munt, Oliver	12	Hsc	2:53.34	11	George, Kieran	14	Milford Havn	3:03.88
	36.47	45.70	51.08	40.09		42.29	44.95	56.39	40.25
4	Lloyd, Vincent-Owen	12	Llanelli	2:55.40	12	Phillips, Lucas	14	Hsc	3:08.86
	40.63	45.32	51.58	37.87		37.08	49.22	57.73	44.83
5	Monan, Euan	12	Pembs Cty	2:57.86	13	Lloyd- Roberts, Harry	13	Milford Havn	3:12.87
	41.18	43.57	54.05	39.06		44.48	50.31	52.75	45.33
6	Leahy, Herbie	11	Pembs Cty	3:08.32	14	Cole, Jacob	13	Neath	3:14.58
	42.73	46.36	59.97	39.26		44.59	49.38	56.10	44.51
7	Evans, Wolfgang	12	Pembs Cty	3:12.67	---	Barrett, William	13	Penyrheol	DQ
	42.71	48.93	57.78	43.25		42.99	48.55	58.50	47.65
8	May-John, Dylan	11	Aberystwyth	3:26.05	---	Yardley, Josh	13	Bridgend SC	DQ
	47.83	51.55	1:01.25	45.42		47.43	53.32	1:01.69	44.63
9	Couzens, Sebastian	12	Fishguard	3:31.62	Event 302 Men 15 & Over 200 SC Meter IM				
	46.55	57.25	1:00.60	47.22	Name		AgeTeam		Finals Time
10	Fretwell, Logan	11	Milford Havn	3:39.77	1	Upton-Boorman, Liam	18	Nofio S Gar	2:17.40
	1:52.68	1:03.48	43.61			28.79	35.42	40.08	33.11
11	Mills, Flynn	12	Milford Havn	3:41.12	2	Stuart Lavender, Jac	15	Nofio S Gar	2:23.59
	55.80	57.48	59.81	48.03		31.37	39.08	38.71	34.43
12	Burt, Gwion	12	Llanelli	3:43.19	3	Williams, Thomas	15	Nofio S Gar	2:24.93
	49.12	57.20	1:08.64	48.23		30.53	38.67	42.51	33.22
13	Lawrence, Rhodri	11	Fishguard	3:44.30	4	Galbraith, Elian	16	Llanelli	2:27.27
	58.59	54.43	1:05.01	46.27		30.55	36.90	46.05	33.77
14	Jones, Oscar	12	Llanelli	3:45.14	5	Lewis, Gethin	17	Bridgend SC	2:32.67
	53.13	56.09	1:02.49	53.43		29.56	36.83	47.95	38.33
15	Gray, Ioan	11	Fishguard	3:49.48	6	Morgan, Ben	16	Pembs Cty	2:33.32
	56.92	59.05	1:06.41	47.10		32.14	41.63	44.89	34.66
16	Caprilli, Valentino	11	Fishguard	3:53.09	7	Rukov, Ivan	18	Aberystwyth	2:35.15
	54.98	1:03.95	1:03.33	50.83		31.58	39.15	47.10	37.32
17	Edwards, Donnacha	11	Co Cardiff	4:05.18	8	Burt, Caio	15	Llanelli	2:43.30
	1:04.77	1:00.45	1:07.74	52.22		34.23	42.90	48.61	37.56
18	Scourfield, Max	11	Milford Havn	4:07.82	9	Smith, Caelan	15	Hsc	2:49.61
	59.31	1:01.32	1:14.69	52.50		35.45	47.01	46.36	40.79
19	Williams, Tom	11	Hsc	4:08.30	10	Lewis, Cian	16	Neath	2:49.68
	1:05.51	59.02	1:08.38	55.39		35.41	45.11	47.63	41.53
---	Pryce, Jack	11	Co Cardiff	DQ	11	Lewis, Callum	16	Milford Havn	2:59.48
	52.90	52.23	1:11.99	45.46		35.34	47.43	54.26	42.45
---	Blatchford, Gruff	12	Co Cardiff	DQ					
	1:00.98	53.85	1:11.91	47.53					