

Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023

Meet Program - NSG Invitational Meet 2023 (Warmup 8.00 - 8.50)

Event 101 Mixed 9 & Over 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Phillips, Finley	M9	C Dolphins	NT
2	Morgan, Evelyn	W11	Llanelli	NT
3	Lewis, Iestyn	M11	Haverfordwes	NT
4	Mason, Phoebe	W12	Haverfordwes	NT
5	George, Eilir	W12	Llanelli	NT
6	Harwood, Jack	M11	Haverfordwes	NT
7	Hall, Ellena	W11	Fishguard	NT
8				

Heat 2 of 5 Finals

1	Griffiths, Sam	M14	Carmarthen	NT
2	Koriakovtsev, Illia	M16	C Dolphins	NT
3	Duffy, Isaac	M12	Co Cardiff	6:40.55
4	Burt, Caio	M12	Llanelli	6:21.64
5	Jones, Ffion	W11	Co Cardiff	6:34.35
6	Tytler, Leo	M14	Milford Havn	6:53.96
7	Read, William	M15	Swansea Aq	NT
8	Galbraith, Elian	M13	Llanelli	NT

Heat 3 of 5 Finals

1	Diouf, Kaden S	M14	Swansea Aq	6:17.71
2	Harwood, Amelia	W15	Haverfordwes	6:13.18
3	Cleave, Ben	M12	C Dolphins	6:02.13
4	Cressey-Rodgers, Gwenllian	W12	Nofio S Gar	5:44.50
5	Chapman, Olivia	W12	Swansea Aq	5:59.86
6	Bissicks, Cari H	W11	Swansea Aq	6:06.24
7	Baker, Chloe	W14	Swansea Aq	6:15.00
8	Smith, Benjamin	M13	Haverfordwes	6:19.78

Heat 4 of 5 Finals

1	McQuaid, Maria	W11	Co Cardiff	5:32.55
2	Pickersgill, Aoife	W14	Carmarthen	5:22.62
3	Davies, Rhian	W15	Swansea Aq	5:03.30
4	Evans, Caitlin R	W18	Swansea Aq	4:50.56
5	Cleave, Mia	W15	C Dolphins	4:59.36
6	Philpott, Ffion	W13	Nofio S Gar	5:17.48
7	Williams, Thomas	M12	Llanelli	5:28.41
8	Coffey, Cora-Ieigh K	W12	Swansea Aq	5:34.10

Heat 5 of 5 Finals

1	King, Marley	W14	Penyrheol	4:48.80
2	Davies, Dominic	M18	Llanelli	4:41.09
3	Gillett, Oliver	M15	Swansea Aq	4:28.00
4	Upton-Boorman, Liam	M15	Nofio S Gar	4:23.68
5	Carver, Wil	M16	Swansea Aq	4:27.54
6	Cressey-Rodgers, Deryn H	W19	Nofio S Gar	4:37.36
7	Gillett, Keira	W17	Swansea Aq	4:47.41
8	Evans, Mali R	W15	Swansea Aq	4:50.40

Event 102 Mixed 9 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1				
2				
3	Williams-Jones, Eloise	W9	Co Cardiff	NT
4	Davies, Ava-Rose	W10	Llanelli	NT
5	Filmer, Gwennan	W10	Aberystwyth	NT
6	Lewis, Evie	W9	Haverfordwes	NT
7				
8				

Heat 2 of 6 Finals

1	Gardner-Rolfe, Mia G	W10	Swansea Aq	NT
2	Parry, Abigail	W10	Carmarthen	NT
3	Vlasceanu, Maia	W11	Carmarthen	NT
4	Phillips, Lucas	M11	Haverfordwes	NT
5	Collyer, Tirion B	W11	Swansea Aq	NT
6	Percival, Bella	W10	C Dolphins	NT
7	Antwhistle, Isaac J	M10	Swansea Aq	NT
8	Massey, Mia	W10	C Dolphins	NT

Heat 3 of 6 Finals

1	Spychka, Sofiia	W14	Swansea Aq	NT
2	Harwood, Amelia	W15	Haverfordwes	NT
3	Knight, Tom	M11	Haverfordwes	4:35.45
4	Knight, Cerys	W13	Haverfordwes	4:13.59
5	Scully, Emersyn	W11	Swansea Aq	4:13.83
6	Porter, Sior	M16	Carmarthen	NT
7	Stewart, Finlay	M14	Llanelli	NT
8	Evans, Beca	W12	Aberystwyth	NT

Heat 4 of 6 Finals

1	Davis, Oliver J	M12	Carmarthen	4:07.20
2	Thomas, Grace	W11	Carmarthen	3:56.05
3	Thomas, Rhys	M12	Haverfordwes	3:37.53
4	Ebenezer, Anni	W12	Co Cardiff	3:36.52
5	Murphy, Alys	W13	Haverfordwes	3:36.66
6	Jones, Ffion	W11	Co Cardiff	3:51.82
7	Gouda, ali	M13	Haverfordwes	4:03.78
8	Davies, Isabella	W11	Llanelli	4:07.83

Heat 5 of 6 Finals

1	Lewis, Harriet	W10	Co Cardiff	3:27.10
2	McNamara, Imogen	W12	Co Cardiff	3:24.97
3	Marsh, Nina	W14	Milford Havn	3:11.18
4	Song, Guangping	M13	Swansea Aq	3:07.90
5	Williams, Marys E	W13	Swansea Aq	3:07.96
6	Hall, Ethan	M13	Fishguard	3:24.03
7	Hughes, Tirion H	W12	Swansea Aq	3:27.10
8	Hall, Isabelle	W11	Fishguard	3:33.09

Heat 6 of 6 Finals

1	Hatton-Ellis, Isabelle L	W14	Swansea Aq	3:04.91
2	Gibbs, Harriet	W14	Nofio S Gar	3:02.29
3	Phillips, Rhianna	W17	Nofio S Gar	2:49.46
4	Sparks, Harry	M16	Nofio S Gar	2:40.46
5	Cressey-Rodgers, Huw	M15	Nofio S Gar	2:42.73
6	Clarke, Henry	M15	Swansea Aq	2:53.40
7	Phillips, Finley	M12	Carmarthen	3:03.69
8	Diouf, Kaden S	M14	Swansea Aq	3:06.47

Event 103 Mixed 9 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1				
2				
3	David, Isabelle	W15	Swansea Aq	2:41.62
4	Cressey-Rodgers, Ioan	M17	Nofio S Gar	2:04.61
5	Hedge, Thomas	M17	Swansea Aq	2:27.46
6	Lovering, Sophie	W12	Co Cardiff	3:51.89
7				
8				

Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023
Meet Program - NSG Invitational Meet 2023 (Warmup 8.00 - 8.50)

Event 104 Mixed 9 & Over 800 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				___
2	Douglas, Lucas	M12	Carmarthen	NT ___
3	Gouda, ali	M13	Haverfordwes	NT ___
4	Knight, Cari	W14	Penyrheol	NT ___
5	Powell, Lottie	W13	Swansea Aq	NT ___
6	Chapman, Coby L	M13	Penyrheol	NT ___
7				___
8				___
Heat 2 of 2 Finals				
1	Lewis, Harriet	W10	Co Cardiff	12:00.99 ___
2	Black, Hollie M	W13	Swansea Aq	11:03.39 ___
3	Bowen, Ifan	M16	Carmarthen	10:04.53 ___
4	Twigger, Owen	M14	Swansea Aq	9:52.69 ___
5	Phillips, Rhianna	W17	Nofio S Gar	10:04.13 ___
6	Sullivan, Katie L	W15	Swansea Aq	10:15.18 ___
7	McQuaid, Maria	W11	Co Cardiff	11:26.48 ___
8	Douglas, Fabiana	W14	Carmarthen	NT ___