

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

## Meet Program - NSG Invitational Meet 2023 (Warmup 1.40 - 2.40)

**Event 601 Boys 9 & Over 100 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1				—
2				—
3	Navaratnam, Aron	9	Co Cardiff	NT
4	Lloyd Roberts, Harry	10	Milford Havn	NT
5	Holland, Owain Rhys	9	Co Cardiff	NT
6				—
7				—
8				—

**Heat 2 of 8 Finals**

1				—
2	Jones, Dafydd	10	Amman Valley	NT
3	Gibbs, Jenson	11	Amman Valley	NT
4	Thomas, Ethan H	11	Amman Valley	NT
5	Higgins, Finley J	11	Swansea Aq	NT
6	El Saghir, Mohamed S	11	Carmarthen	NT
7	Thomas, Wilf	10	Aberystwyth	NT
8				—

**Heat 3 of 8 Finals**

1	Foale, Jack	12	Aberystwyth	NT
2	Davies-Thomas, Cai J	13	Swansea Aq	NT
3	Pirmohamed, Eshan A	9	Swansea Aq	2:14.11
4	Petrie, Jaden	11	Haverfordwes	2:10.44
5	Knight, Tom	11	Haverfordwes	2:13.80
6	Clarander, William	10	Co Cardiff	2:14.22
7	Parton, Frankie F	13	Carmarthen	NT
8	Burt, Caio	12	Llanelli	NT

**Heat 4 of 8 Finals**

1	Batcup, Oliver J	10	Swansea Aq	2:03.49
2	Davies, Tyler	11	Milford Havn	2:01.25
3	Noden, Rory	10	Milford Havn	1:59.41
4	Harwood, Jack	11	Haverfordwes	1:58.01
5	Lewis, Iestyn	11	Haverfordwes	1:59.19
6	Lewis, Callum	13	Milford Havn	2:00.57
7	Chapman, Henry	11	Carmarthen	2:01.46
8	Boyd, Isaac	9	Co Cardiff	2:06.68

**Heat 5 of 8 Finals**

1	Patterson, Ollie	12	Milford Havn	1:55.19
2	Santos, Liam	13	Milford Havn	1:51.02
3	Davis, Oliver J	12	Carmarthen	1:49.39
4	Castillo, Airam	11	Co Cardiff	1:46.02
5	King, Ethan	10	Penyrheol	1:47.50
6	Smith, Benjamin	13	Haverfordwes	1:50.19
7	Smith, Jacob	11	Haverfordwes	1:55.04
8	Miles, Gethin	12	Fishguard	1:56.84

**Heat 6 of 8 Finals**

1	Hale, Oliver S	11	Swansea Aq	1:45.89
2	Galbraith, Elian	13	Llanelli	1:43.72
3	Read, William	15	Swansea Aq	1:39.72
4	Hall, Ethan	13	Fishguard	1:38.03
5	Backen, Henry	14	Fishguard	1:38.87
6	Price, Cayle	15	Llanelli	1:43.31
7	Peach, Henry	12	Haverfordwes	1:44.17
8	Gouda, ali	13	Haverfordwes	1:45.95

**Heat 7 of 8 Finals**

1	Thomas, Noah	17	Llanelli	1:35.56
2	Thomas, Rhys A	17	Swansea Aq	1:33.24
3	Harris, Osian	13	Fishguard	1:32.08
4	Bowen, Llyr O	14	Carmarthen	1:28.04
5	Ismail, Zarya	13	Swansea Aq	1:31.44
6	Marshall, Finley	13	Aberystwyth	1:33.15
7	Chan, Carlton	12	Swansea Aq	1:33.60
8	Jones, Aaron	15	Aberystwyth	1:36.80

**Heat 8 of 8 Finals**

1	Twigger, Owen	14	Swansea Aq	1:22.90
2	Song, Guangping	13	Swansea Aq	1:21.48
3	Swinton, Christopher J	16	Swansea Aq	1:15.28
4	Cressey-Rodgers, Huw	15	Nofio S Gar	1:13.74
5	Sparks, Harry	16	Nofio S Gar	1:13.78
6	Clarke, Henry	15	Swansea Aq	1:16.98
7	Porter, Sior	16	Carmarthen	1:21.82
8	Phillips, Finley	12	Carmarthen	1:26.34

**Event 602 Girls 9 & Over 100 SC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 14 Finals**

1				—
2				—
3	Williams, Evie	9	Milford Havn	NT
4	Folaranmi, Eliora	9	Co Cardiff	NT
5	Rossiter Wargent, Mia	9	Milford Havn	NT
6				—
7				—
8				—

**Heat 2 of 14 Finals**

1	Mason, Ezmee	9	Haverfordwes	NT
2	Polverino, Tilly M	9	Swansea Aq	NT
3	Summerfield, Lucy	10	Llanelli	NT
4	Ismail, Shuna	10	Swansea Aq	NT
5	Percival, Bella	10	C Dolphins	NT
6	Ellis, Eve	10	C Dolphins	NT
7	Osell, Alice	9	C Dolphins	NT
8				—

**Heat 3 of 14 Finals**

1	Jenkins, Isabella	10	Llanelli	NT
2	Roberts Mylan, Sophie I	10	Swansea Aq	NT
3	Titely, Lola	10	Milford Havn	NT
4	Goss, Lucia	10	C Dolphins	NT
5	Williams, Paige T	10	Swansea Aq	NT
6	Roberts Mylan, Ffion C	10	Swansea Aq	NT
7	Kinnaird, Darcy	10	Co Cardiff	NT
8	Gardner-Rolfe, Mia G	10	Swansea Aq	NT

**Heat 4 of 14 Finals**

1	Griffiths, Elizabeth	11	Fishguard	NT
2	Patterson, Hollie M	11	Carmarthen	NT
3	Snelgrove, Chloe	12	Amman Valley	NT
4	Bowen, Seren E	12	Carmarthen	NT
5	Beall, Magi	12	Penyrheol	NT
6	Osell, Leila	12	C Dolphins	NT
7	Hawkins, Betsy-May	11	Llanelli	NT
8	Philpott, Lowri	11	Llanelli	NT

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

## Meet Program - NSG Invitational Meet 2023 (Warmup 1.40 - 2.40)

**Heat 5 Finals (#602 Girls 9 & Over 100 SC Meter Breaststroke)**

1	Webb, Efa M	12	Amman Valley	NT	___
2	Gobbi, Roma	13	Haverfordwes	NT	___
3	Harris, Lili	15	Carmarthen	NT	___
4	Buckley, Ava	10	Co Cardiff	2:33.63	___
5	Haslam, Tia	12	Carmarthen	2:54.77	___
6	Williams, Carys	13	Carmarthen	NT	___
7	Thomas, Angharad	12	Fishguard	NT	___
8	Boyle, Taya L	12	Carmarthen	NT	___

**Heat 6 of 14 Finals**

1	O'Keefe, Isabella	9	Co Cardiff	2:20.22	___
2	Davies, Ava-Rose	10	Llanelli	2:17.43	___
3	Malough, Holly V	11	Swansea Aq	2:13.38	___
4	Lewis, Evie	9	Haverfordwes	2:11.46	___
5	Barry, Isabella	10	Co Cardiff	2:12.58	___
6	Kenny, Jemima	11	Milford Havn	2:13.83	___
7	White, Mollie	9	Co Cardiff	2:20.20	___
8	Williams, Lois G	10	Swansea Aq	2:25.71	___

**Heat 7 of 14 Finals**

1	Adams, Tilly	11	Co Cardiff	2:10.42	___
2	Joseph, Ellie	10	C Dolphins	2:06.38	___
3	Heron, Edith	10	Aberystwyth	2:05.08	___
4	James, Sara	13	Haverfordwes	2:02.64	___
5	Jenkins, Emily	11	Co Cardiff	2:04.80	___
6	Wilsher, Suki	11	Co Cardiff	2:05.79	___
7	Alexander, Seren	12	Aberystwyth	2:07.50	___
8	Massey, Mia	10	C Dolphins	2:10.54	___

**Heat 8 of 14 Finals**

1	Williams, Ffion	13	Milford Havn	2:02.09	___
2	Kaill-Franks, Nia	11	Fishguard	2:01.78	___
3	Francis, Emily-Rose	12	Haverfordwes	2:00.20	___
4	Kaill-Franks, Eira	12	Fishguard	1:58.81	___
5	Clift, Meghan	11	Swansea Aq	1:59.87	___
6	McFarlane, Una	11	Milford Havn	2:00.70	___
7	Doncaster, Lily S	12	Haverfordwes	2:02.02	___
8	Thomas, Leah	11	Haverfordwes	2:02.22	___

**Heat 9 of 14 Finals**

1	Conway, Erin J	13	Swansea Aq	1:58.53	___
2	Vlasceanu, Maia	11	Carmarthen	1:57.88	___
3	Jewitt, Anya	11	Llanelli	1:56.17	___
4	Davies, Isabella	11	Llanelli	1:55.87	___
5	Eyre, Gracie	10	Co Cardiff	1:56.16	___
6	Hughes, Megan	9	C Dolphins	1:57.24	___
7	Kasto, Evie T	11	Swansea Aq	1:58.26	___
8	Howell, Sophie	11	Haverfordwes	1:58.69	___

**Heat 10 of 14 Finals**

1	Upton-Boorman, Isabella	12	Carmarthen	1:53.80	___
2	Parry, Abigail	10	Carmarthen	1:52.49	___
3	Knight, Cerys	13	Haverfordwes	1:50.89	___
4	Molloy, Elizabeth	11	Co Cardiff	1:48.60	___
5	Edwards, Alice	12	Carmarthen	1:50.03	___
6	Edge, Emily	12	Co Cardiff	1:51.30	___
7	Jones, Ffion	11	Co Cardiff	1:52.59	___
8	Wilcockson, Alys	12	Aberystwyth	1:54.85	___

**Heat 11 of 14 Finals**

1	Mason, Phoebe	12	Haverfordwes	1:47.70	___
2	Harwood, Amelia	15	Haverfordwes	1:45.72	___
3	Hall, Ellena	11	Fishguard	1:45.37	___
4	Burns, Freya	11	Swansea Aq	1:45.20	___
5	Thomas, Grace	11	Carmarthen	1:45.22	___
6	Taffetsauffer, Isabella	11	Llanelli	1:45.37	___
7	Williams-Kivell, Izabella	14	Swansea Aq	1:46.60	___
8	Evans, Cadi R	10	Swansea Aq	1:48.37	___

**Heat 12 of 14 Finals**

1	Baker, Chloe	14	Swansea Aq	1:44.80	___
2	Evans, Beca	12	Aberystwyth	1:41.17	___
3	Griffiths, Gwenan M	12	Swansea Aq	1:40.04	___
4	Bissicks, Cari H	11	Swansea Aq	1:39.07	___
5	Bray, Bethan	16	C Dolphins	1:39.94	___
6	Murphy, Alys	13	Haverfordwes	1:40.18	___
7	Hughes, Mollie	11	C Dolphins	1:41.83	___
8	Dafydd, Iola	13	Fishguard	1:44.85	___

**Heat 13 of 14 Finals**

1	Ebenezer, Anni	12	Co Cardiff	1:38.60	___
2	Blue, Macy	13	Carmarthen	1:37.11	___
3	Hughes, Tirion H	12	Swansea Aq	1:36.16	___
4	Knight, Lily	12	C Dolphins	1:33.53	___
5	Spychka, Sofiia	14	Swansea Aq	1:35.03	___
6	Lewis, Harriet	10	Co Cardiff	1:36.61	___
7	Davies, Amelia F	12	Swansea Aq	1:38.20	___
8	Hall, Isabelle	11	Fishguard	1:38.80	___

**Heat 14 of 14 Finals**

1	Brown, Caitlin	15	Nofio S Gar	1:31.31	___
2	Hatton-Ellis, Isabelle L	14	Swansea Aq	1:30.54	___
3	Williams, Hollie	15	Nofio S Gar	1:25.41	___
4	Gibbs, Harriet	14	Nofio S Gar	1:21.12	___
5	Hale, Gemma N	15	Swansea Aq	1:21.91	___
6	Williams, Marys E	13	Swansea Aq	1:28.60	___
7	Wilson, Ellie	12	Co Cardiff	1:31.07	___
8	Davies, Kirsty	19	Amman Valley	1:32.91	___

**Event 603 Boys 9 & Over 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 11 Finals**

1				___
2				___
3	Rewbridge, Will	9	Llanelli	NT
4	Carrozza Kaill, Morlo	9	Haverfordwes	NT
5	Rees, Oscar	9	Llanelli	NT
6				___
7				___
8				___

**Heat 2 of 11 Finals**

1	James, Arwel	10	Amman Valley	NT
2	Holland, Owain Rhys	9	Co Cardiff	1:07.20
3	Lloyd Roberts, Harry	10	Milford Havn	57.81
4	Rowan, Dylan	11	Co Cardiff	56.00
5	Harris, Emyr	10	Fishguard	57.54
6	Burt, Gwion	9	Llanelli	1:02.58
7	Soosainathan, Joel	12	Aberystwyth	NT
8	Jones, Dafydd	10	Amman Valley	NT

**Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023****Meet Program - NSG Invitational Meet 2023 (Warmup 1.40 - 2.40)****Heat 3 Finals (#603 Boys 9 & Over 50 SC Meter Freestyle)**

1	Thomas, Ethan H	11	Amman Valley	54.91	___
2	Davies, Harrison L	9	Swansea Aq	54.23	___
3	Jenkins, Rhys	9	Co Cardiff	52.01	___
4	Bray, Gwilym	10	C Dolphins	51.45	___
5	Backen, Frederick	10	Fishguard	51.47	___
6	Smith, Declan	11	Amman Valley	52.10	___
7	Bowen, Cai	11	Fishguard	54.69	___
8	Navaratnam, Aron	9	Co Cardiff	55.92	___

**Heat 4 of 11 Finals**

1	Phillips, Lucas	11	Haverfordwes	50.75	___
2	Knight, Tom	11	Haverfordwes	48.16	___
3	Higgins, Finley J	11	Swansea Aq	48.00	___
4	Thomas, Wilf	10	Aberystwyth	47.37	___
5	Green, William	10	Aberystwyth	47.73	___
6	Clarander, William	10	Co Cardiff	48.06	___
7	Batcup, Oliver J	10	Swansea Aq	49.00	___
8	Pirmohamed, Eshan A	9	Swansea Aq	51.33	___

**Heat 5 of 11 Finals**

1	Petrie, Jaden	11	Haverfordwes	45.20	___
2	Davis, Oliver J	12	Carmarthen	43.67	___
3	Boyd, Isaac	9	Co Cardiff	43.18	___
4	Chapman, Henry	11	Carmarthen	41.97	___
5	Gibbs, Jenson	11	Amman Valley	42.60	___
6	El Saghir, Mohamed S	11	Carmarthen	43.53	___
7	Miles, Gethin	12	Fishguard	44.57	___
8	Foale, Jack	12	Aberystwyth	46.34	___

**Heat 6 of 11 Finals**

1	Smith, Herbie C	12	Swansea Aq	40.83	___
2	Davies-Thomas, Cai J	13	Swansea Aq	39.90	___
3	Lewis, Iestyn	11	Haverfordwes	39.05	___
4	Davies, Bradley	14	Llanelli	37.96	___
5	Tytler, Leo	14	Milford Havn	38.18	___
6	Peach, Olly	12	Haverfordwes	39.09	___
7	Patterson, Ollie	12	Milford Havn	40.61	___
8	Blue, Harri O	11	Carmarthen	41.63	___

**Heat 7 of 11 Finals**

1	Gouda, ali	13	Haverfordwes	36.43	___
2	Duffy, Isaac	12	Co Cardiff	35.83	___
3	Grugel, Sam	12	C Dolphins	34.59	___
4	King, Ethan	10	Penyrheol	34.18	___
5	Elmes, Max	11	Carmarthen	34.42	___
6	Price, Cayle	15	Llanelli	35.17	___
7	Hall, Ethan	13	Fishguard	35.91	___
8	Diouf, Jegan W	10	Swansea Aq	37.29	___

**Heat 8 of 11 Finals**

1	Backen, Henry	14	Fishguard	33.92	___
2	Chan, Carlton	12	Swansea Aq	33.57	___
3	Williams, Thomas	12	Llanelli	33.24	___
4	Marshall, Finley	13	Aberystwyth	32.89	___
5	Smedley, Jack	15	C Dolphins	33.24	___
6	Thomas, Noah	17	Llanelli	33.44	___
7	Hale, Oliver S	11	Swansea Aq	33.65	___
8	Griffiths, Sam	14	Carmarthen	34.06	___

**Heat 9 of 11 Finals**

1	Castillo, Airam	11	Co Cardiff	32.36	___
2	Song, Guangping	13	Swansea Aq	31.82	___
3	Ismail, Zarya	13	Swansea Aq	31.24	___
4	Burt, Teyan	15	Llanelli	30.64	___
5	Harris, Osian	13	Fishguard	30.72	___
6	Galbraith, Elian	13	Llanelli	31.33	___
7	Phillips, Finley	12	Carmarthen	31.89	___
8	Hedge, William	14	Swansea Aq	32.50	___

**Heat 10 of 11 Finals**

1	Wilcox, Tristan	14	C Dolphins	30.22	___
2	Chapman, Coby L	13	Penyrheol	30.10	___
3	Richards, Aled	15	C Dolphins	29.59	___
4	Grogan, Adam	16	Carmarthen	28.62	___
5	Rukov, Ivan	15	Aberystwyth	28.82	___
6	Lloyd-Roberts, Rhys	15	Milford Havn	30.08	___
7	Price, George	14	Penyrheol	30.15	___
8	Read, William	15	Swansea Aq	30.54	___

**Heat 11 of 11 Finals**

1	Clarke, Henry	15	Swansea Aq	28.00	___
2	O'Brien, Tomos J	17	Swansea Aq	27.20	___
3	Sparks, Harry	16	Nofio S Gar	26.11	___
4	Johnstone, Daniel	15	Nofio S Gar	25.32	___
5	Cressey-Rodgers, Ioan	17	Nofio S Gar	25.44	___
6	Upton-Boorman, Liam	15	Nofio S Gar	26.22	___
7	Swinton, Christopher J	16	Swansea Aq	27.30	___
8	Koriakovtsev, Illia	16	C Dolphins	28.26	___

**Event 604 Girls 9 & Over 50 SC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
<b>Heat 1 of 21 Finals</b>					
1	Davies, Lottie	9	C Dolphins	NT	___
2	Ismail, Shuna	10	Swansea Aq	NT	___
3	Baylis, Ellie	10	Penyrheol	NT	___
4	Titley, Lola	10	Milford Havn	NT	___
5	Morris, Brooke	10	Penyrheol	NT	___
6	Mirghany, Bushra	10	Penyrheol	NT	___
7	Blassberg, Phoebe	9	C Dolphins	NT	___
8	Alexander, Fflur	9	Aberystwyth	NT	___
<b>Heat 2 of 21 Finals</b>					
1	Williams, Eve	10	Penyrheol	NT	___
2	Davies, Lucy-Anne	10	Amman Valley	NT	___
3	Beall, Isabelle	10	Penyrheol	NT	___
4	Patterson, Hollie M	11	Carmarthen	NT	___
5	Owen, Charlotte	10	Penyrheol	NT	___
6	Powell, Nina	10	Fishguard	NT	___
7	Sharpe, Lillie	10	Llanelli	NT	___
8	McBurnie, Mia	10	Aberystwyth	NT	___
<b>Heat 3 of 21 Finals</b>					
1	Carrozza Kaill, Seren	12	Haverfordwes	NT	___
2	Dafydd, Iola	13	Fishguard	NT	___
3	Leane, Megan	10	Haverfordwes	1:04.72	___
4	James, Evie	10	Milford Havn	1:00.60	___
5	Davies, Zara	10	Llanelli	1:01.68	___
6	Folaranmi, Eliora	9	Co Cardiff	1:04.77	___
7	Perrott, Hannah	12	C Dolphins	NT	___
8	Owen, Annabelle	12	Penyrheol	NT	___

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

## Meet Program - NSG Invitational Meet 2023 (Warmup 1.40 - 2.40)

**Heat 4 Finals (#604 Girls 9 & Over 50 SC Meter Freestyle)**

1	Philpott, Lowri	11	Llanelli	56.43	___
2	Rossiter Wargent, Mia	9	Milford Havn	54.73	___
3	Griffiths, Lilia-Rose	9	Fishguard	53.89	___
4	Osell, Alice	9	C Dolphins	52.93	___
5	Roberts Mylan, Sophie I	10	Swansea Aq	52.93	___
6	Polverino, Tilly M	9	Swansea Aq	54.28	___
7	Curtis, Carly	10	Milford Havn	54.88	___
8	Buckley, Ava	10	Co Cardiff	57.26	___

**Heat 5 of 21 Finals**

1	O'Keefe, Isabella	9	Co Cardiff	51.57	___
2	Lewis, Megan	11	Co Cardiff	50.76	___
3	Williams, Eirwen N	10	Swansea Aq	50.36	___
4	Evans, Mari	9	Aberystwyth	48.90	___
5	Haslam, Tia	12	Carmarthen	49.52	___
6	Roberts Mylan, Ffion C	10	Swansea Aq	50.66	___
7	Williams, Evie	9	Milford Havn	50.95	___
8	Goss, Lucia	10	C Dolphins	52.66	___

**Heat 6 of 21 Finals**

1	Malough, Holly V	11	Swansea Aq	48.25	___
2	Mason, Ezmee	9	Haverfordwes	47.06	___
3	Griffiths, Elizabeth	11	Fishguard	46.44	___
4	Massey, Mia	10	C Dolphins	46.26	___
5	Barry, Isabella	10	Co Cardiff	46.41	___
6	Williams, Lois G	10	Swansea Aq	46.45	___
7	Heron, Edith	10	Aberystwyth	48.20	___
8	Kinnaird, Darcy	10	Co Cardiff	48.77	___

**Heat 7 of 21 Finals**

1	Kaill-Franks, Eira	12	Fishguard	45.52	___
2	Gardner-Rolfe, Mia G	10	Swansea Aq	45.01	___
3	Adams, Tilly	11	Co Cardiff	44.97	___
4	Davies, Cadi	11	C Dolphins	44.84	___
5	Thomas, Leah	11	Haverfordwes	44.96	___
6	Percival, Bella	10	C Dolphins	45.01	___
7	Boyle, Taya L	12	Carmarthen	45.46	___
8	Snelgrove, Chloe	12	Amman Valley	46.11	___

**Heat 8 of 21 Finals**

1	Kaill-Franks, Nia	11	Fishguard	44.33	___
2	Williams, Nel	10	Co Cardiff	43.60	___
3	Berner, Iyla	9	Aberystwyth	43.46	___
4	Alexander, Seren	12	Aberystwyth	43.14	___
5	Beasley, Evaleigh D	9	Swansea Aq	43.17	___
6	Gobbi, Roma	13	Haverfordwes	43.49	___
7	Berner, Kiana	11	Aberystwyth	43.96	___
8	White, Mollie	9	Co Cardiff	44.40	___

**Heat 9 of 21 Finals**

1	Clift, Meghan	11	Swansea Aq	42.90	___
2	Jewitt, Sophia	11	Llanelli	42.67	___
3	Jenkins, Isabella	10	Llanelli	42.20	___
4	Molloy, Elizabeth	11	Co Cardiff	41.80	___
5	Williams, Fay P	10	Swansea Aq	42.08	___
6	Eyre, Gracie	10	Co Cardiff	42.47	___
7	Parry, Abigail	10	Carmarthen	42.74	___
8	James, Sara	13	Haverfordwes	43.04	___

**Heat 10 of 21 Finals**

1	Pitt, Seren	10	Co Cardiff	41.48	___
2	Joseph, Ellie	10	C Dolphins	41.19	___
3	Davies, Ava-Rose	10	Llanelli	40.95	___
4	Thomas, Angharad	12	Fishguard	40.52	___
5	Howell, Sophie	11	Haverfordwes	40.73	___
6	Hawkins, Betsy-May	11	Llanelli	41.11	___
7	Lewis, Evie	9	Haverfordwes	41.32	___
8	Williams, Ffion	13	Milford Havn	41.68	___

**Heat 11 of 21 Finals**

1	Harris, Lili	15	Carmarthen	40.19	___
2	Wilsher, Suki	11	Co Cardiff	40.09	___
3	Davies, Isabella	11	Llanelli	39.99	___
4	Hughes, Megan	9	C Dolphins	39.83	___
5	Edwards, Alice	12	Carmarthen	39.90	___
6	Jenkins, Emily	11	Co Cardiff	40.02	___
7	Williams-Kivell, Izabella	14	Swansea Aq	40.15	___
8	Rees-Davies, Saoirse	11	Llanelli	40.29	___

**Heat 12 of 21 Finals**

1	Doncaster, Lily S	12	Haverfordwes	39.64	___
2	Kasto, Evie T	11	Swansea Aq	38.99	___
3	Harris, Chloe	10	C Dolphins	38.86	___
4	Andreassen, Freya	11	Amman Valley	38.61	___
5	Vlasceanu, Maia	11	Carmarthen	38.80	___
6	Williams, Paige T	10	Swansea Aq	38.98	___
7	Roberts, Molly	11	Llanelli	39.45	___
8	Ball, Violet C	13	Swansea Aq	39.73	___

**Heat 13 of 21 Finals**

1	Osell, Leila	12	C Dolphins	38.51	___
2	Thomas, Carys	11	Penyrheol	38.43	___
3	Stacey, Jessica	12	Swansea Aq	38.11	___
4	Jones, Hunydd	11	Carmarthen	37.84	___
5	Summerfield, Lucy	10	Llanelli	37.89	___
6	Ebenezer, Anni	12	Co Cardiff	38.40	___
7	Bowen, Seren E	12	Carmarthen	38.48	___
8	Edge, Emily	12	Co Cardiff	38.58	___

**Heat 14 of 21 Finals**

1	Goodman, Evie	11	Swansea Aq	37.74	___
2	Evans, Cadi R	10	Swansea Aq	37.58	___
3	Hughes, Mollie	11	C Dolphins	37.46	___
4	Goodman, Lola	11	Swansea Aq	36.97	___
5	Thomas, Grace	11	Carmarthen	37.30	___
6	Williams, Carys	13	Carmarthen	37.49	___
7	Porter, Cerys	13	Carmarthen	37.65	___
8	Conway, Erin J	13	Swansea Aq	37.78	___

**Heat 15 of 21 Finals**

1	Jones, Beca	16	Carmarthen	36.70	___
2	Wilcockson, Alys	12	Aberystwyth	36.56	___
3	Richards, Amber	13	C Dolphins	36.35	___
4	Murphy, Alys	13	Haverfordwes	35.67	___
5	Davies, Lowri	14	C Dolphins	36.20	___
6	Knight, Lily	12	C Dolphins	36.37	___
7	Mason, Phoebe	12	Haverfordwes	36.58	___
8	Dafydd, Mali	12	Fishguard	36.81	___

**Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023****Meet Program - NSG Invitational Meet 2023 (Warmup 1.40 - 2.40)****Heat 16 Finals (#604 Girls 9 & Over 50 SC Meter Freestyle)**

1	Davies, Erin	11	C Dolphins	35.37	___
2	Hughes, Tirion H	12	Swansea Aq	35.00	___
3	Griffiths, Gwenan M	12	Swansea Aq	34.90	___
4	Boyd, Chloe	12	Co Cardiff	34.72	___
5	Upton-Boorman, Isabella	12	Carmarthen	34.86	___
6	Webb, Efa M	12	Amman Valley	34.92	___
7	Harwood, Amelia	15	Haverfordwes	35.34	___
8	Hall, Ellena	11	Fishguard	35.62	___

**Heat 17 of 21 Finals**

1	Norgrove, Ffion	14	Carmarthen	33.94	___
2	Davies, Kirsty	19	Amman Valley	33.78	___
3	Philpott, Ffion	13	Nofio S Gar	33.47	___
4	Davies, Isla F	9	Swansea Aq	33.32	___
5	Cressey-Rodgers, Gwenllian	12	Nofio S Gar	33.40	___
6	Griffiths, Amelia	12	Fishguard	33.62	___
7	Lewis, Harriet	10	Co Cardiff	33.85	___
8	Baker, Chloe	14	Swansea Aq	34.10	___

**Heat 18 of 21 Finals**

1	Collyer, Tirion B	11	Swansea Aq	33.20	___
2	Blassberg, Imogen	12	C Dolphins	33.06	___
3	Davies, Amelia F	12	Swansea Aq	33.00	___
4	Wilson, Ellie	12	Co Cardiff	32.71	___
5	Spychka, Sofiiia	14	Swansea Aq	32.92	___
6	Lythgoe, Manon H	13	Swansea Aq	33.00	___
7	Marquis-Jones, Neve	15	Amman Valley	33.17	___
8	Thomas, Nikita	13	Llanelli	33.22	___

**Heat 19 of 21 Finals**

1	Thomas, Caitlin	14	Penyrheol	32.10	___
2	Perrott, Niamh	13	C Dolphins	31.99	___
3	Davies, Rhian	15	Swansea Aq	31.10	___
4	Brown, Caitlin	15	Nofio S Gar	30.71	___
5	Ley, Lucy	14	Swansea Aq	30.90	___
6	Lewis, Imogen	14	Co Cardiff	31.60	___
7	Thomas, Medi A	14	Swansea Aq	32.00	___
8	Coffey, Cora-leigh K	12	Swansea Aq	32.10	___

**Heat 20 of 21 Finals**

1	Knight, Cari	14	Penyrheol	30.70	___
2	Williams, Marys E	13	Swansea Aq	30.50	___
3	Fox, Eve	17	Swansea Aq	30.20	___
4	Knight, Ffion L	17	Penyrheol	29.70	___
5	Carter, Ava	14	C Dolphins	30.16	___
6	Grigg-Williams, Chloe	19	Penyrheol	30.23	___
7	Pickersgill, Aoife	14	Carmarthen	30.50	___
8	Hale, Gemma N	15	Swansea Aq	30.70	___

**Heat 21 of 21 Finals**

1	Smart, Charlotte E	15	Swansea Aq	29.56	___
2	Williams, Hollie	15	Nofio S Gar	29.44	___
3	Gibbs, Harriet	14	Nofio S Gar	28.85	___
4	Tucker, Holly	14	Swansea Aq	28.50	___
5	King, Marley	14	Penyrheol	28.70	___
6	Goodliffe, Faith	22	Swansea Uni	29.09	___
7	David, Isabelle	15	Swansea Aq	29.50	___
8	Turatto-Owen, Morgan L	16	Swansea Aq	29.60	___