

Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023
Meet Program - NSG Invitational Meet 2023 (Warmup 10.45 - 11.45)

Event 201 Boys 9 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				—
2	Phillips, Finley	9	C Dolphins	NT
3	Smith, Declan	11	Amman Valley	NT
4	Davies, Bradley	14	Llanelli	NT
5	Adams, Noah	12	Fishguard	NT
6	Castillo, Airam	11	Co Cardiff	NT
7				—
8				—

Heat 2 of 5 Finals

1	Santos, Liam	13	Milford Havn	3:38.63
2	Noden, Rory	10	Milford Havn	3:23.03
3	Antwhistle, Isaac J	10	Swansea Aq	3:19.88
4	Smith, Herbie C	12	Swansea Aq	3:15.30
5	Gouda, ali	13	Haverfordwes	3:15.63
6	Davies, Tyler	11	Milford Havn	3:22.33
7	Patterson, Ollie	12	Milford Havn	3:34.65
8	Blassberg, Jordan	16	C Dolphins	NT

Heat 3 of 5 Finals

1	Thomas, Rhys	12	Haverfordwes	3:05.96
2	Elmes, Max	11	Carmarthen	3:02.75
3	Huang, Felix	12	Swansea Aq	2:56.72
4	Cleave, Ben	12	C Dolphins	2:50.81
5	Backen, Henry	14	Fishguard	2:51.04
6	Burt, Caio	12	Llanelli	2:59.80
7	Duffy, Isaac	12	Co Cardiff	3:03.63
8	Davies, Ellis V	11	Llanelli	3:10.04

Heat 4 of 5 Finals

1	Smith, Benjamin	13	Haverfordwes	2:49.45
2	Bowen, Llyr O	14	Carmarthen	2:40.04
3	Grugel, Sam	12	C Dolphins	2:38.37
4	Williams, Thomas	12	Llanelli	2:34.41
5	Galbraith, Elian	13	Llanelli	2:34.89
6	Harris, Osian	13	Fishguard	2:38.87
7	Hale, Oliver S	11	Swansea Aq	2:46.02
8	Griffiths, Sam	14	Carmarthen	2:49.78

Heat 5 of 5 Finals

1	Phillips, Finley	12	Carmarthen	2:30.86
2	Porter, Sior	16	Carmarthen	2:25.44
3	Davies, Dominic	18	Llanelli	2:07.63
4	Cressey-Rodgers, Ioan	17	Nofio S Gar	1:57.87
5	Gillett, Oliver	15	Swansea Aq	2:01.60
6	Cressey-Rodgers, Huw	15	Nofio S Gar	2:12.90
7	Read, William	15	Swansea Aq	2:26.34
8	Cleave, Joshua	14	C Dolphins	2:31.19

Event 202 Girls 9 & Over 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

1				—
2	Lewis, Evie	9	Haverfordwes	NT
3	Gardner-Rolfe, Mia G	10	Swansea Aq	NT
4	Parry, Abigail	10	Carmarthen	NT
5	Davies, Ava-Rose	10	Llanelli	NT
6	Percival, Bella	10	C Dolphins	NT
7				—
8				—

Heat 2 of 9 Finals

1	Virgin, Eva	11	Co Cardiff	NT
2	Jewitt, Sophia	11	Llanelli	NT
3	Bowen, Seren E	12	Carmarthen	NT
4	Evans, Beca	12	Aberystwyth	NT
5	Snelgrove, Chloe	12	Amman Valley	NT
6	Morgan, Evelyn	11	Llanelli	NT
7	Jones, Hunydd	11	Carmarthen	NT
8	Davies, Erin	11	C Dolphins	NT

Heat 3 of 9 Finals

1	Thomas, Nikita	13	Llanelli	NT
2	McFarlane, Una	11	Milford Havn	3:37.43
3	Williams, Paige T	10	Swansea Aq	3:23.36
4	Scully, Emersyn	11	Swansea Aq	3:22.24
5	Lovering, Sophie	12	Co Cardiff	3:22.44
6	Davies, Isabella	11	Llanelli	3:36.03
7	Williams-Jones, Eloise	9	Co Cardiff	3:45.33
8	Williams, Carys	13	Carmarthen	NT

Heat 4 of 9 Finals

1	Hughes, Megan	9	C Dolphins	3:20.70
2	McAldie, Imogen	13	Swansea Aq	3:10.77
3	Upton-Boorman, Isabella	12	Carmarthen	3:05.09
4	Martin, Phoebe O	12	Swansea Aq	3:03.47
5	Jones, Ffion	11	Co Cardiff	3:05.06
6	Summerfield, Lucy	10	Llanelli	3:10.12
7	Wells, Iris	11	C Dolphins	3:17.79
8	Thomas, Carys	11	Penyrheol	3:22.23

Heat 5 of 9 Finals

1	Murphy, Alys	13	Haverfordwes	3:02.41
2	Knight, Cerys	13	Haverfordwes	3:00.52
3	Hughes, Mollie	11	C Dolphins	2:58.74
4	Williams-Kivell, Izabella	14	Swansea Aq	2:54.30
5	Richards, Amber	13	C Dolphins	2:58.30
6	Mason, Phoebe	12	Haverfordwes	2:59.79
7	Griffiths, Amelia	12	Fishguard	3:00.82
8	Hall, Isabelle	11	Fishguard	3:02.58

Heat 6 of 9 Finals

1	Chapman, Olivia	12	Swansea Aq	2:53.18
2	David, Ava G	12	Swansea Aq	2:51.90
3	Bissicks, Cari H	11	Swansea Aq	2:50.73
4	Boyd, Chloe	12	Co Cardiff	2:47.54
5	Davies, Amelia F	12	Swansea Aq	2:48.02
6	Davies, Lowri	14	C Dolphins	2:51.04
7	Hall, Ellena	11	Fishguard	2:51.91
8	Knight, Lily	12	C Dolphins	2:53.97

Heat 7 of 9 Finals

1	Spychka, Sofiiia	14	Swansea Aq	2:45.76
2	McQuaid, Maria	11	Co Cardiff	2:41.36
3	Thomas, Medi A	14	Swansea Aq	2:37.50
4	Philpott, Ffion	13	Nofio S Gar	2:32.64
5	Thomas, Caitlin	14	Penyrheol	2:35.71
6	Lewis, Harriet	10	Co Cardiff	2:38.52
7	McNamara, Imogen	12	Co Cardiff	2:45.68
8	Cressey-Rodgers, Gwenllian	12	Nofio S Gar	2:45.92

Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023
Meet Program - NSG Invitational Meet 2023 (Warmup 10.45 - 11.45)

Heat 8 Finals (#202 Girls 9 & Over 200 SC Meter Freestyle)

1	Catling, Freya	14	C Dolphins	2:27.73	___
2	Davies, Rhian	15	Swansea Aq	2:24.00	___
3	Williams, Marys E	13	Swansea Aq	2:22.20	___
4	Cleave, Mia	15	C Dolphins	2:21.96	___
5	Williams, Hollie	15	Nofio S Gar	2:22.15	___
6	Gibbs, Harriet	14	Nofio S Gar	2:23.86	___
7	Pickersgill, Aoife	14	Carmarthen	2:27.36	___
8	Ley, Lucy	14	Swansea Aq	2:28.70	___

Heat 9 of 9 Finals

1	Hale, Gemma N	15	Swansea Aq	2:19.62	___
2	Gillett, Keira	17	Swansea Aq	2:16.32	___
3	Cressey-Rodgers, Deryn H	19	Nofio S Gar	2:12.87	___
4	Patterson, Millie E	16	Swansea Aq	2:06.33	___
5	Geach, Libbie	13	Swansea Aq	2:11.60	___
6	Smart, Charlotte E	15	Swansea Aq	2:16.12	___
7	King, Marley	14	Penyrheol	2:16.90	___
8	Sullivan, Katie L	15	Swansea Aq	2:21.15	___

Event 203 Boys 9 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	Boyd, Isaac	9	Co Cardiff	NT	___
2	Petrie, Jaden	11	Haverfordwes	NT	___
3	Castillo, Airam	11	Co Cardiff	NT	___
4	Higgins, Finley J	11	Swansea Aq	1:18.58	___
5	McAdie, Isaac	10	Swansea Aq	1:24.40	___
6	Gibbs, Jenson	11	Amman Valley	NT	___
7	Collins, Thomas	10	Penyrheol	NT	___
8					___

Heat 2 of 7 Finals

1	Antwhistle, Isaac J	10	Swansea Aq	56.70	___
2	Lewis, Iestyn	11	Haverfordwes	53.63	___
3	Noden, Rory	10	Milford Havn	50.41	___
4	Patterson, Ollie	12	Milford Havn	48.87	___
5	Smith, Herbie C	12	Swansea Aq	49.83	___
6	Lewis, Callum	13	Milford Havn	53.00	___
7	El Saghir, Mohamed S	11	Carmarthen	56.25	___
8	Bray, Gwilym	10	C Dolphins	1:08.90	___

Heat 3 of 7 Finals

1	Davies-Thomas, Cai J	13	Swansea Aq	48.30	___
2	Song, Guangping	13	Swansea Aq	44.34	___
3	Phillips, Finley	12	Carmarthen	43.46	___
4	Chan, Carlton	12	Swansea Aq	42.50	___
5	Stewart, Finlay	14	Llanelli	43.11	___
6	Smith, Jacob	11	Haverfordwes	44.00	___
7	Duffy, Isaac	12	Co Cardiff	44.88	___
8	Harwood, Jack	11	Haverfordwes	48.72	___

Heat 4 of 7 Finals

1	Backen, Henry	14	Fishguard	40.86	___
2	Smedley, Jack	15	C Dolphins	40.33	___
3	Theron, Izak	12	Co Cardiff	39.67	___
4	Cleave, Joshua	14	C Dolphins	38.85	___
5	Smith, Benjamin	13	Haverfordwes	39.04	___
6	Gouda, ali	13	Haverfordwes	40.12	___
7	Hall, Ethan	13	Fishguard	40.33	___
8	Davies, Bradley	14	Llanelli	42.40	___

Heat 5 of 7 Finals

1	Grugel, Sam	12	C Dolphins	38.38	___
2	Hedge, William	14	Swansea Aq	36.48	___
3	Diouf, Kaden S	14	Swansea Aq	36.11	___
4	Thomas, Noah	17	Llanelli	35.29	___
5	Frost, Charlie B	14	Swansea Aq	35.70	___
6	Marshall, Finley	13	Aberystwyth	36.14	___
7	Galbraith, Elian	13	Llanelli	37.17	___
8	Elmes, Max	11	Carmarthen	38.63	___

Heat 6 of 7 Finals

1	Harris, Osian	13	Fishguard	34.52	___
2	Chapman, Coby L	13	Penyrheol	33.50	___
3	Carver, Wil	16	Swansea Aq	33.03	___
4	Clarke, Henry	15	Swansea Aq	32.00	___
5	Rukov, Ivan	15	Aberystwyth	32.97	___
6	Hnoianyi, Andrii	13	Swansea Aq	33.13	___
7	Douglas, Lucas	12	Carmarthen	34.41	___
8	Dallimore, Austin	13	Llanelli	35.25	___

Heat 7 of 7 Finals

1	O'Brien, Tomos J	17	Swansea Aq	31.67	___
2	Koriakovtsev, Illia	16	C Dolphins	30.50	___
3	Hedge, Thomas	17	Swansea Aq	28.40	___
4	Cressey-Rodgers, Ioan	17	Nofio S Gar	26.70	___
5	Job, Kyle	24	Penyrheol	28.30	___
6	Cressey-Rodgers, Huw	15	Nofio S Gar	29.90	___
7	Upton-Boorman, Liam	15	Nofio S Gar	31.05	___
8	Richards, Aled	15	C Dolphins	31.94	___

Event 204 Girls 9 & Over 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 12 Finals

1	Blassberg, Phoebe	9	C Dolphins	NT	___
2	Phillips, Isabelle	9	Haverfordwes	NT	___
3	Beasley, Evaleigh D	9	Swansea Aq	NT	___
4	Baylis, Ellie	10	Penyrheol	NT	___
5	Williams, Eirwen N	10	Swansea Aq	NT	___
6	Folaranmi, Eliora	9	Co Cardiff	NT	___
7	Berner, Iyla	9	Aberystwyth	NT	___
8					___

Heat 2 of 12 Finals

1	Thomas, Carys	11	Penyrheol	NT	___
2	Lewis, Megan	11	Co Cardiff	NT	___
3	Edwards, Amber	12	Co Cardiff	NT	___
4	Stacey, Jessica	12	Swansea Aq	NT	___
5	Snelgrove, Chloe	12	Amman Valley	NT	___
6	Thomas, Megan	12	Co Cardiff	NT	___
7	Thomas, Grace	11	Carmarthen	NT	___
8	Curtis, Carly	10	Milford Havn	NT	___

Heat 3 of 12 Finals

1	Morgan, Catrin	15	Amman Valley	NT	___
2	Rossiter Wargent, Mia	9	Milford Havn	1:08.02	___
3	Roberts Mylan, Sophie I	10	Swansea Aq	1:07.60	___
4	Haslam, Tia	12	Carmarthen	1:05.04	___
5	Thomas, Angharad	12	Fishguard	1:05.18	___
6	Griffiths, Scarlet	10	Haverfordwes	1:07.99	___
7	Arnold, Olivia	9	Milford Havn	1:08.13	___
8	James, Sara	13	Haverfordwes	NT	___

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Heat 4 Finals (#204 Girls 9 & Over 50 SC Meter Butterfly)

1	Richards, Kira M	11	Carmarthen	1:02.04	___
2	Gardner-Rolfe, Mia G	10	Swansea Aq	1:01.05	___
3	Roberts Mylan, Ffion C	10	Swansea Aq	59.66	___
4	Williams-Jones, Eloise	9	Co Cardiff	56.03	___
5	Williams, Fay P	10	Swansea Aq	56.51	___
6	Lewis, Evie	9	Haverfordwes	59.79	___
7	Lewis, Martha F	11	Carmarthen	1:01.45	___
8	Lewis, Roisin	10	Haverfordwes	1:03.79	___

Heat 5 of 12 Finals

1	Jewitt, Sophia	11	Llanelli	54.04	___
2	Jenkins, Isabella	10	Llanelli	53.01	___
3	Jewitt, Anya	11	Llanelli	50.42	___
4	Jones, Alexa	9	Llanelli	49.62	___
5	Knight, Cerys	13	Haverfordwes	50.06	___
6	Williams, Nel	10	Co Cardiff	51.65	___
7	Doncaster, Lily S	12	Haverfordwes	53.15	___
8	Santorio, Bianca	10	Co Cardiff	55.88	___

Heat 6 of 12 Finals

1	Jones, Beca	16	Carmarthen	48.74	___
2	Williams-Kivell, Izabella	14	Swansea Aq	47.60	___
3	Williams, Carys	13	Carmarthen	46.50	___
4	Hall, Ellena	11	Fishguard	46.29	___
5	Goodman, Lola	11	Swansea Aq	46.36	___
6	Goodman, Evie	11	Swansea Aq	46.76	___
7	Vlasceanu, Maia	11	Carmarthen	48.44	___
8	Parry, Abigail	10	Carmarthen	48.87	___

Heat 7 of 12 Finals

1	Davies, Erin	11	C Dolphins	45.28	___
2	Hall, Isabelle	11	Fishguard	44.93	___
3	Lovering, Sophie	12	Co Cardiff	44.00	___
4	Hnoiiana, Valentyna	10	Swansea Aq	43.53	___
5	Summerfield, Lucy	10	Llanelli	43.56	___
6	Jones, Ffion	11	Co Cardiff	44.36	___
7	Evans, Cadi R	10	Swansea Aq	45.07	___
8	Williams, Paige T	10	Swansea Aq	45.57	___

Heat 8 of 12 Finals

1	Davies, Lowri	14	C Dolphins	41.59	___
2	George, Eilir	12	Llanelli	41.28	___
3	Cooper, Daisy	12	Fishguard	40.88	___
4	Baker, Chloe	14	Swansea Aq	40.70	___
5	Lewis, Harriet	10	Co Cardiff	40.72	___
6	Taffetsauffer, Isabella	11	Llanelli	41.27	___
7	Griffiths, Gwenan M	12	Swansea Aq	41.46	___
8	Martin, Phoebe O	12	Swansea Aq	42.74	___

Heat 9 of 12 Finals

1	Hughes, Tirion H	12	Swansea Aq	38.97	___
2	Marquis-Jones, Neve	15	Amman Valley	38.69	___
3	Boyd, Chloe	12	Co Cardiff	38.26	___
4	Blassberg, Imogen	12	C Dolphins	37.83	___
5	Gibbs, Harriet	14	Nofio S Gar	38.21	___
6	Burns, Freya	11	Swansea Aq	38.65	___
7	Ebenezer, Anni	12	Co Cardiff	38.97	___
8	Li, Lucy Xinshi	12	Swansea Aq	39.90	___

Heat 10 of 12 Finals

1	Davies, Isla F	9	Swansea Aq	37.38	___
2	Thomas, Caitlin	14	Penyrheol	36.80	___
3	Perrott, Niamh	13	C Dolphins	35.62	___
4	Marsh, Nina	14	Milford Havn	34.67	___
5	Carter, Ava	14	C Dolphins	35.00	___
6	Wilson, Ellie	12	Co Cardiff	36.44	___
7	Brown, Caitlin	15	Nofio S Gar	36.80	___
8	Davies, Kirsty	19	Amman Valley	37.72	___

Heat 11 of 12 Finals

1	Phillips, Rhianna	17	Nofio S Gar	34.36	___
2	Lewis, Imogen	14	Co Cardiff	34.10	___
3	Catling, Freya	14	C Dolphins	33.19	___
4	Hale, Gemma N	15	Swansea Aq	32.69	___
5	Pickersgill, Aoife	14	Carmarthen	33.10	___
6	Knight, Cari	14	Penyrheol	33.70	___
7	Coffey, Cora-leigh K	12	Swansea Aq	34.20	___
8	Ley, Lucy	14	Swansea Aq	34.40	___

Heat 12 of 12 Finals

1	Fox, Eve	17	Swansea Aq	32.20	___
2	David, Isabelle	15	Swansea Aq	31.40	___
3	Tucker, Holly	14	Swansea Aq	30.80	___
4	Evans, Mali R	15	Swansea Aq	30.20	___
5	Goodliffe, Faith	22	Swansea Uni	30.26	___
6	Morgan, Elen M	17	Aberystwyth	30.82	___
7	Knight, Ffion L	17	Penyrheol	31.70	___
8	Williams, Hollie	15	Nofio S Gar	32.57	___

Event 205 Boys 9 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Jenkins, Rhys	9	Co Cardiff	NT	___
2	Antwhistle, Isaac J	10	Swansea Aq	NT	___
3	El Saghir, Mohamed S	11	Carmarthen	NT	___
4	Williams, Thomas	12	Llanelli	NT	___
5	Higgins, Finley J	11	Swansea Aq	NT	___
6	Thomas, Ethan H	11	Amman Valley	NT	___
7	Phillips, Finley	9	C Dolphins	NT	___
8	Pirmohamed, Eshan A	9	Swansea Aq	NT	___

Heat 2 of 5 Finals

1	Cartwright, Stanley E	13	Carmarthen	NT	___
2	Knight, Tom	11	Haverfordwes	1:52.91	___
3	Boyd, Isaac	9	Co Cardiff	1:49.91	___
4	Lewis, Callum	13	Milford Havn	1:44.70	___
5	Chapman, Henry	11	Carmarthen	1:46.70	___
6	Frost, Charlie B	14	Swansea Aq	1:51.05	___
7	Davies-Thomas, Cai J	13	Swansea Aq	NT	___
8	Parton, Frankie F	13	Carmarthen	NT	___

Heat 3 of 5 Finals

1	Davies, Ellis V	11	Llanelli	1:35.70	___
2	Jones, Aaron	15	Aberystwyth	1:34.82	___
3	Davies, Bradley	14	Llanelli	1:30.32	___
4	Hale, Oliver S	11	Swansea Aq	1:27.14	___
5	Elmes, Max	11	Carmarthen	1:30.29	___
6	Theron, Izak	12	Co Cardiff	1:33.97	___
7	Adams, Noah	12	Fishguard	1:35.28	___
8	Tytler, Leo	14	Milford Havn	1:37.73	___

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Heat 4 Finals (#205 Boys 9 & Over 100 SC Meter Backstroke)

1	Marshall, Finley	13	Aberystwyth	1:23.48	___
2	Harris, Osian	13	Fishguard	1:19.63	___
3	Phillips, Finley	12	Carmarthen	1:17.67	___
4	Diouf, Kaden S	14	Swansea Aq	1:17.51	___
5	Hedge, William	14	Swansea Aq	1:17.65	___
6	Read, William	15	Swansea Aq	1:18.55	___
7	Galbraith, Elian	13	Llanelli	1:20.18	___
8	Huang, Felix	12	Swansea Aq	1:24.41	___

Heat 5 of 5 Finals

1	Price, George	14	Penyrheol	1:16.47	___
2	Twigger, Owen	14	Swansea Aq	1:11.60	___
3	Thomas, Rhys A	17	Swansea Aq	1:03.30	___
4	Johnstone, Daniel	15	Nofio S Gar	1:00.66	___
5	Cressey-Rodgers, Ioan	17	Nofio S Gar	1:00.96	___
6	Gillett, Oliver	15	Swansea Aq	1:05.18	___
7	Koriakovtsev, Illia	16	C Dolphins	1:12.44	___
8	Rukov, Ivan	15	Aberystwyth	1:17.21	___

Event 206 Girls 9 & Over 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 11 Finals

1					___
2					___
3	Phillips, Isabelle	9	Haverfordwes	NT	___
4	Griffiths, Scarlet	10	Haverfordwes	NT	___
5	Arnold, Olivia	9	Milford Havn	NT	___
6					___
7					___
8					___

Heat 2 of 11 Finals

1	Hnoiana, Valentyna	10	Swansea Aq	NT	___
2	Lewis, Roisin	10	Haverfordwes	NT	___
3	Leane, Megan	10	Haverfordwes	NT	___
4	Malough, Holly V	11	Swansea Aq	NT	___
5	Gardner-Rolfe, Mia G	10	Swansea Aq	NT	___
6	Percival, Bella	10	C Dolphins	NT	___
7	Jenkins, Isabella	10	Llanelli	NT	___
8					___

Heat 3 of 11 Finals

1	Lewis, Megan	11	Co Cardiff	NT	___
2	Couzens, Sibylla	11	Fishguard	NT	___
3	Perrott, Niamh	13	C Dolphins	NT	___
4	Marquis-Jones, Neve	15	Amman Valley	NT	___
5	James, Sara	13	Haverfordwes	NT	___
6	Bowen, Seren E	12	Carmarthen	NT	___
7	Andreassen, Freya	11	Amman Valley	NT	___
8	Williams, Summer	11	C Dolphins	NT	___

Heat 4 of 11 Finals

1	Roberts Mylan, Ffion C	10	Swansea Aq	2:11.30	___
2	Polverino, Tilly M	9	Swansea Aq	2:06.21	___
3	David, Emily	11	Haverfordwes	2:02.14	___
4	David, Ava G	12	Swansea Aq	1:50.40	___
5	Massey, Mia	10	C Dolphins	1:57.72	___
6	Williams-Jones, Eloise	9	Co Cardiff	2:03.24	___
7	Roberts Mylan, Sophie I	10	Swansea Aq	2:08.37	___
8	Haslam, Tia	12	Carmarthen	2:14.20	___

Heat 5 of 11 Finals

1	Price, Seren-louise	10	Carmarthen	1:48.93	___
2	Williams, Ffion	13	Milford Havn	1:47.75	___
3	Jones, Alexa	9	Llanelli	1:46.47	___
4	Roberts, Molly	11	Llanelli	1:43.51	___
5	Kenny, Jemima	11	Milford Havn	1:45.22	___
6	Wilsher, Suki	11	Co Cardiff	1:47.50	___
7	Santoro, Bianca	10	Co Cardiff	1:48.67	___
8	Thomas, Angharad	12	Fishguard	1:49.33	___

Heat 6 of 11 Finals

1	Williams, Fay P	10	Swansea Aq	1:42.60	___
2	Phillips, Ellie R	15	Haverfordwes	1:42.17	___
3	Virgin, Eva	11	Co Cardiff	1:40.50	___
4	Thomas, Carys	11	Penyrheol	1:39.86	___
5	Vlasceanu, Maia	11	Carmarthen	1:40.48	___
6	Wells, Iris	11	C Dolphins	1:41.18	___
7	Gobbi, Roma	13	Haverfordwes	1:42.47	___
8	Thomas, Leah	11	Haverfordwes	1:43.32	___

Heat 7 of 11 Finals

1	Knight, Cerys	13	Haverfordwes	1:39.44	___
2	Jones, Ffion	11	Co Cardiff	1:37.70	___
3	Williams-Kivell, Izabella	14	Swansea Aq	1:36.95	___
4	Jones, Hunydd	11	Carmarthen	1:34.98	___
5	Williams, Paige T	10	Swansea Aq	1:36.38	___
6	Cooper, Daisy	12	Fishguard	1:37.31	___
7	Lovering, Sophie	12	Co Cardiff	1:38.33	___
8	Murphy, Alys	13	Haverfordwes	1:39.77	___

Heat 8 of 11 Finals

1	Martin, Phoebe O	12	Swansea Aq	1:31.80	___
2	Li, Lucy Xinshi	12	Swansea Aq	1:29.80	___
3	Bissicks, Cari H	11	Swansea Aq	1:27.90	___
4	Upton-Boorman, Isabella	12	Carmarthen	1:24.55	___
5	Chapman, Olivia	12	Swansea Aq	1:25.79	___
6	Powell, Lottie	13	Swansea Aq	1:28.90	___
7	Dallimore, Emily	13	Llanelli	1:30.47	___
8	Taffetsauffer, Isabella	11	Llanelli	1:32.04	___

Heat 9 of 11 Finals

1	Lewis, Harriet	10	Co Cardiff	1:24.49	___
2	Bray, Bethan	16	C Dolphins	1:22.20	___
3	Thomas, Nikita	13	Llanelli	1:22.03	___
4	Wilson, Ellie	12	Co Cardiff	1:21.47	___
5	Williams, Hollie	15	Nofio S Gar	1:21.48	___
6	Phillips, Rhianna	17	Nofio S Gar	1:22.07	___
7	Brown, Caitlin	15	Nofio S Gar	1:23.56	___
8	Collyer, Tirion B	11	Swansea Aq	1:24.50	___

Heat 10 of 11 Finals

1	Thomas, Caitlin	14	Penyrheol	1:20.19	___
2	Lewis, Imogen	14	Co Cardiff	1:19.18	___
3	Black, Hollie M	13	Swansea Aq	1:18.23	___
4	Arnold, Jessica R	12	Swansea Aq	1:17.70	___
5	Philpott, Ffion	13	Nofio S Gar	1:17.80	___
6	Williams, Marys E	13	Swansea Aq	1:19.10	___
7	Douglas, Fabiana	14	Carmarthen	1:19.35	___
8	Cressey-Rodgers, Gwenllian	12	Nofio S Gar	1:20.93	___

Nofio Sir Gar Invitational Meet 2023 - 14/01/2023 to 15/01/2023**Meet Program - NSG Invitational Meet 2023 (Warmup 10.45 - 11.45)****Heat 11 Finals (#206 Girls 9 & Over 100 SC Meter Backstroke)**

1	Morgan, Elen M	17	Aberystwyth	1:14.85	___
2	Evans, Mali R	15	Swansea Aq	1:11.27	___
3	Grigg-Williams, Chloe	19	Penyrheol	1:09.95	___
4	Patterson, Millie E	16	Swansea Aq	1:04.01	___
5	Evans, Caitlin R	18	Swansea Aq	1:08.62	___
6	Hatton-Ellis, Isabelle L	14	Swansea Aq	1:10.10	___
7	Cleave, Mia	15	C Dolphins	1:11.40	___
8	Carter, Ava	14	C Dolphins	1:16.59	___