

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

Meet Program - Session 1 (Warmup 7.45 - 8.35)

Event 101 Mixed 9 & Over 400 SC Meter Freestyle

'Sign in' required for this event.

Signing desk will close at 8.00am

	Name	Age	Team	Seed Time
1	Burns, Freya	W14	Nofio S Gar	4:40.94
2	Burt, Caio	M15	Llanelli	4:48.50
3	Philpott, Ffion	W16	Nofio S Gar	4:49.78
4	Clissold, Bronwyn	W17	Pembs Cty	4:50.74
5	Thompson, Freya	W15	Pembs Cty	4:52.97
6	Mcfarlane, Una	W14	Pembs Cty	4:56.80
7	Patterson, Hollie M	W14	Carmarthen	4:58.06
8	Adams, Ronan	M17	Bridgend SC	5:00.89
9	Clifford, Bethany	W18	Neath	5:03.47
10	Mason, Phoebe	W15	Pembs Cty	5:07.70
11	Kazmiruk, Anastasiia	W14	Nofio S Gar	5:21.48
12	Kenny, Jemima	W14	Pembs Cty	5:22.38
13	Jermin, Morgan	M12	Llanelli	5:30.85
14	Morris, Ffion H	W13	Pembs Cty	5:34.39
15	Hawkins, Lottie	W12	Pembs Cty	5:35.05
16	Mason, Ezmee	W12	Pembs Cty	5:36.48
17	Andreassen, Freya	W15	Amman Valley	5:38.14
18	Duncan, Ava	W13	Amman Valley	5:39.72
19	Henson, Jessica	W12	Pembs Cty	5:42.01
20	Dyde, Pheobe	W13	Pembs Cty	5:48.18
21	Francis, Mia	W12	Pembs Cty	5:48.95
22	Thomas, Tristan	M15	Pembs Cty	5:49.60
23	Evans, Wolfgang	M12	Pembs Cty	5:50.83
24	Roberts Mylan, Sophie I	W13	Swansea Aq	5:51.78
25	Baylis, Ellie	W13	Penyrheol	5:53.80
26	Lewis, Gethin	M11	Neath	5:57.81
27	Monan, Euan	M12	Pembs Cty	5:57.84
28	Smith, Caelan	M15	Hsc	5:58.98
29	Tucker, Lowri	W16	Llanelli	6:01.40
30	Lewis, Callum	M16	Milford Havn	6:07.83
31	Foldi, Kristina	W13	Pembs Cty	6:11.51
32	Morgan, Iolah	W11	Pembs Cty	6:12.31
33	Humphreys, Mali G	W12	Swansea Aq	6:20.61
34	Gardner-Rolfe, Mia G	W13	Swansea Aq	6:21.14
35	Percival, Bella	W13	C Dolphins	6:24.52
36	May-John, Dylan	M11	Aberystwyth	6:29.82
37	Hooper, Olivia	W10	Neath	6:30.55
38	Couzens, Sibylla	W14	Pembs Cty	6:32.16
39	Munt, Oliver	M12	Hsc	6:32.41
40	Pyzer, Cyrus A	M12	Carmarthen	6:33.70
41	Emam, Lina	W12	Swansea Aq	6:39.17
42	Husband, Alysia	W10	Hsc	6:45.92
43	Arnold, Olivia	W12	Milford Havn	6:48.11
44	Mills, Flynn	M12	Milford Havn	7:00.37
45	McFarlane, Mali	W11	Milford Havn	7:06.09
46	Major, Esmee	W11	Hsc	7:06.29
47	White, Mattie	W13	Co Cardiff	NT
48	Hunt, Hanna	W11	Co Cardiff	NT
49	Pirmohamed, Eshan A	M12	Swansea Aq	NT
50	Jones, Myla	W10	Swansea Aq	NT
51	Butcher, Freya S	W10	Swansea Aq	NT
52	Morris, Besi	W12	Amman Valley	NT
53	Green, William	M13	Aberystwyth	NT
54	Ryan, Cora	W16	C Dolphins	NT
55	Boyle, Toby M	M10	Carmarthen	NT
56	Jones, Dion R	M14	Carmarthen	NT
57	Boyle, Samantha J	W12	Carmarthen	NT

58	Symmons, Bronwen D	W10	Carmarthen	NT
59	Rowlands, Sion E	M16	Carmarthen	NT
60	Nash, Oliver J	M12	Carmarthen	NT
61	Phillips, Gethin	M14	Hsc	NT
62	Jewell, Zoe	W13	Tenby Dolphins	NT
63	Ostrowski, Julia	W17	Pembs Cty	NT
64	Davies, Betsi	W13	Pembs Cty	NT
65	Dadswell, Harry	M12	Pembs Cty	NT
66	Leahy, Herbie	M11	Pembs Cty	NT
67	Moore, Hari	M13	Pembs Cty	NT
68	Dickinson, Lexie	W16	Bridgend SC	NT
69	Davies, Evie	W12	Bridgend SC	NT
70	Lewis, Megan	W15	Milford Havn	NT
71	Titley, Lola	W13	Milford Havn	NT
72	Dennison, Evie	W13	Milford Havn	NT
73	Fretwell, Logan	M11	Milford Havn	NT
74	Jones, Owain A	M12	Torfaen D	NT
75	Edwards, Owen W	M11	Torfaen D	NT

Event 102 Mixed 9 & Over 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals Starts at 08:45 AM				
1	Backen, Matilda	W9	Fishguard	NT
2	Griffiths, Matilda	W9	Llanelli	NT
3	Holland, Ffion	W10	Bridgend SC	NT
4	Hughes, Martha	W10	Co Cardiff	NT
5	Jermin, Martha	W10	Llanelli	NT
6	Marshall, Theo	M9	Co Cardiff	NT
7	Hughes, Isaac W	M9	Swansea Aq	NT
8				
Heat 2 of 8 Finals Starts at 08:50 AM				
1	Edmunds, Rhys T	M11	Swansea Aq	NT
2	Roberts, Holly	W12	Bridgend SC	NT
3	Felton, Gwennan	W13	C Dolphins	NT
4	David, Isabelle	W14	Swansea Aq	NT
5	Jones, Hunydd	W18	Nofio S Gar	NT
6	Couzens, Sebastian	M12	Fishguard	NT
7	Nel, Summer	W11	Hsc	NT
8	Felton, Catrin	W10	C Dolphins	NT
Heat 3 of 8 Finals Starts at 08:54 AM				
1	Dalton, Daisy	W11	Hsc	4:53.37
2	Evans, Alys E	W10	Carmarthen	4:39.18
3	Hyett, Antonina	W11	C Dolphins	4:27.08
4	Taffetsauffer, Leo	M10	Llanelli	4:12.79
5	Nemtsov, Anastasia	W10	Co Cardiff	4:26.85
6	Beecham, Emelia-May	W11	Fishguard	4:36.35
7	Dashfield, Lottie	W10	Tenby Dolphins	4:53.08
8	Burt, Gwion	M12	Llanelli	5:04.08
Heat 4 of 8 Finals Starts at 09:00 AM				
1	Gallagher, Thia C	W11	Swansea Aq	4:08.07
2	Caprilli, Valentino	M11	Fishguard	4:04.12
3	Marques-Jones, Idris	M11	Carmarthen	3:58.70
4	Besley, Freya	W13	Penyrheol	3:52.06
5	Jones, Gwenllian F	W10	Carmarthen	3:58.22
6	Hope, Madi	W9	Tenby Dolphins	4:00.81
7	Filmer, Owen	M10	Aberystwyth	4:07.20
8	Hawksworth Garcia, Frida	W9	Swansea Aq	4:12.23

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Meet Program - Session 1 (Warmup 7.45 - 8.35)

Heat 5 Finals (#102 Mixed 9 & Over 200 SC Meter Breaststroke)

1	Nicklin, Parker	W10	Amman Valley	3:48.62	_____
2	Heron, Edith	W13	Aberystwyth	3:38.94	_____
3	Massey, Mia	W13	C Dolphins	3:34.43	_____
4	Batchelor, Joshua	M14	Bridgend SC	3:31.39	_____
5	Henson, Jessica	W12	Pembs Cty	3:33.76	_____
6	Holborow, Esmay	W10	Amman Valley	3:37.20	_____
7	Lennon, Amelia-Rose	W12	Carmarthen	3:46.44	_____
8	Oseng-Rees, Eira	W12	Swansea Aq	3:50.45	_____

Heat 6 of 8 Finals Starts at 09:09 AM

1	Higgins, Finley J	M14	Swansea Aq	3:26.96	_____
2	Jenkins, Elli J	W14	Swansea Aq	3:22.72	_____
3	Rees, Oscar	M12	Llanelli	3:21.30	_____
4	Lloyd, Vincent-Owen	M12	Llanelli	3:15.77	_____
5	Dashfield, Olivia	W12	Pembs Cty	3:16.21	_____
6	Jenkins, Alexandra G	W16	Swansea Aq	3:22.26	_____
7	Rowland, Scarlett	W13	Neath	3:23.19	_____
8	Gil Wood, Elena	W13	Swansea Aq	3:27.56	_____

Heat 7 of 8 Finals Starts at 09:13 AM

1	Jones, Dafydd	M13	Carmarthen	3:09.11	_____
2	Smith, Declan	M14	Neath	3:02.45	_____
3	Smith, Caelan	M15	Hsc	3:00.72	_____
4	Lerigo, Oli	M15	Aberystwyth	2:59.56	_____
5	Fogarty, Oliver	M13	Pembs Cty	3:00.24	_____
6	Hall, Isabelle	W14	Pembs Cty	3:02.42	_____
7	Lewis, Evie	W12	Pembs Cty	3:05.61	_____
8	Gilderdale, Celyn	W17	Pembs Cty	3:11.01	_____

Heat 8 of 8 Finals Starts at 09:17 AM

1	Davies, Isabella	W14	Nofio S Gar	2:50.37	_____
2	Berner, Iyla	W12	Nofio S Gar	2:49.47	_____
3	Upton-Boorman, Liam	M18	Nofio S Gar	2:33.51	_____
4	Phillips, Finley	M15	Nofio S Gar	2:28.81	_____
5	Stuart Lavender, Jac	M15	Nofio S Gar	2:33.32	_____
6	Thomas, Rhys	M15	Pembs Cty	2:47.05	_____
7	Parry, Abigail	W13	Carmarthen	2:49.51	_____
8	Powell, Josie	W15	Bridgend SC	2:57.52	_____

Event 103 Mixed 9 & Over 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 09:20 AM

1	Marques-Jones, Felix	M13	Carmarthen	NT	_____
2	Bissicks, Cari	W14	Neath	NT	_____
3	Foale, Jack	M15	Aberystwyth	3:28.50	_____
4	Dadswell, Harry	M12	Pembs Cty	3:08.00	_____
5	Bowes, James F	M13	Carmarthen	3:21.75	_____
6	Edmunds, Freya	W12	Llanelli	3:46.93	_____
7	D'Cruz, Dylan	M14	Pontypridd	NT	_____
8	Morgan, Thomas	M13	Neath	NT	_____

Heat 2 of 2 Finals Starts at 09:25 AM

1	Dyde, Pheobe	W13	Pembs Cty	3:06.52	_____
2	Mcfarlane, Una	W14	Pembs Cty	2:51.27	_____
3	Mills, Thomas	M14	Llanelli	2:45.84	_____
4	Geach, Libbie	W16	Nofio S Gar	2:31.68	_____
5	Lythgoe, Manon H	W16	Swansea Aq	2:32.00	_____
6	Morgan, Evelyn	W14	Nofio S Gar	2:46.90	_____
7	Gil Wood, Elena	W13	Swansea Aq	3:06.30	_____
8	Roberts Mylan, Ffion C	W13	Swansea Aq	3:06.89	_____

Event 104 Mixed 9 & Over 800 SC Meter Freestyle

'Sign in' required for this event.

Signing desk will close at 8.00am

	Name	Age	Team	Seed Time	
1	Williams, Thomas	M15	Nofio S Gar	9:02.79	_____
2	Spinks, Owen H	M17	Torfaen D	9:29.69	_____
3	Morgan, Ben	M16	Pembs Cty	9:35.56	_____
4	Lewis, Hollie	W18	Bridgend SC	9:41.65	_____
5	Williams, Hollie	W18	Nofio S Gar	9:45.56	_____
6	Clissold, Elizabeth	W19	Pembs Cty	9:49.01	_____
7	Griffiths, Sam	M17	Carmarthen	9:51.23	_____
8	Watts, Macsen	M15	Torfaen D	9:55.15	_____
9	Bruce, Skye	W16	Pembs Cty	10:14.73	_____
10	Cook, Noah	M12	Torfaen D	10:19.70	_____
11	Filmer, Gwennan	W13	Aberystwyth	10:22.00	_____
12	Hopkins, Luc P	M14	Torfaen D	10:29.00	_____
13	Davies, Ava	W13	Llanelli	10:34.70	_____
14	Hall, Ellena	W14	Pembs Cty	10:35.41	_____
15	Roberts-Truman, Harri	M15	Neath	10:39.15	_____
16	Ballantyne, Alex	M16	Bridgend SC	10:51.86	_____
17	Higgins, Finley J	M14	Swansea Aq	10:55.05	_____
18	Marques-Jones, Felix	M13	Carmarthen	10:57.80	_____
19	Beasley, Evaleigh D	W12	Swansea Aq	11:01.37	_____
20	Evans, Sam	M13	Pembs Cty	11:14.66	_____
21	Backen, Freddie	M13	Pembs Cty	11:20.88	_____
22	Powell, Nina L	W13	Carmarthen	11:21.97	_____
23	Williams, Eirwen	W13	Neath	11:28.21	_____
24	Bool, Iolo	M12	Pembs Cty	11:36.17	_____
25	Mason, Ezmee	W12	Pembs Cty	11:36.38	_____
26	Davies, Elizabeth	W12	Pembs Cty	11:37.30	_____
27	Evans, Katie	W15	Penyrheol	11:39.03	_____
28	Williams, April	W11	Swansea Aq	11:50.50	_____
29	Summerfield, Lucy	W13	Llanelli	11:50.60	_____
30	Jones, Tomi	M13	Neath	11:52.87	_____
31	Harris, Chloe	W13	C Dolphins	11:53.41	_____
32	Kaill-Franks, Nia	W14	Pembs Cty	11:54.65	_____
33	Griffiths, Ffion	W14	Pembs Cty	12:05.02	_____
34	Wood, Lilly	W12	Neath	12:10.07	_____
35	Williams, Fay	W13	Swansea Aq	12:10.42	_____
36	Evans, Annie	W14	Neath	12:16.16	_____
37	Coles, Sophie	W15	Bridgend SC	12:27.18	_____
38	Roberts-Truman, Betsan H	W13	Neath	12:32.96	_____
39	Oseng-Rees, Eira	W12	Swansea Aq	12:44.46	_____
40	Gil Wood, Sofia A	W10	Swansea Aq	14:20.16	_____
41	El Saghir, Karim S	M11	Carmarthen	14:37.92	_____
42	Prosser, Mia S	W10	Tenby Dolphins	14:48.30	_____