

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

Meet Program - Session 4 (Warmup 8.00 - 8.50)

Event 401 Mixed 9 & Over 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals Starts at 09:00 AM

1				___
2				___
3	Hughes, Isaac W	M9	Swansea Aq	NT ___
4	Backen, Matilda	W9	Fishguard	NT ___
5	Dedman, Ivy	W9	Tenby Dolphins	NT ___
6				___
7				___
8				___

Heat 2 of 9 Finals Starts at 09:05 AM

1	Ward, Ella-Rae	W9	Co Cardiff	NT ___
2	Whitecross, Phoebe	W10	Hsc	NT ___
3	Lugg, Darcey	W10	Bridgend SC	NT ___
4	Scourfield, Max	M11	Milford Havn	NT ___
5	Kummer, Seb	M10	Milford Havn	NT ___
6	Symmons, Bronwen D	W10	Carmarthen	NT ___
7	Jermin, Martha	W10	Llanelli	NT ___
8	Hawksworth Garcia, Frida	W9	Swansea Aq	NT ___

Heat 3 of 9 Finals Starts at 09:10 AM

1	Nel, Summer	W11	Hsc	NT ___
2	James, Scarlett	W11	Co Cardiff	NT ___
3	El Saghir, Karim S	M11	Carmarthen	NT ___
4	Bullock, Georgia M	W12	Carmarthen	NT ___
5	Mills, Flynn	M12	Milford Havn	NT ___
6	Marques-Jones, Idris	M11	Carmarthen	NT ___
7	Taylor, Kingsley C	M11	Swansea Aq	NT ___
8	Nicholas, Annie	W11	Milford Havn	NT ___

Heat 4 of 9 Finals Starts at 09:14 AM

1	Wells, Iris	W14	C Dolphins	NT ___
2	Mason, Phoebe	W15	Pembs Cty	NT ___
3	Philpott, Lowri	W14	Llanelli	3:55.82 ___
4	McFarlane, Mali	W11	Milford Havn	3:32.83 ___
5	Burt, Gwion	M12	Llanelli	3:41.82 ___
6	Leahy, Herbie	M11	Pembs Cty	3:57.48 ___
7	Lewis, Megan	W15	Milford Havn	NT ___
8	Titley, Lola	W13	Milford Havn	NT ___

Heat 5 of 9 Finals Starts at 09:19 AM

1	Williams, Eva M	W11	Swansea Aq	3:22.76 ___
2	Arnold, Olivia	W12	Milford Havn	3:20.71 ___
3	Husband, Alysia	W10	Hsc	3:17.73 ___
4	Davies, Lauren	W14	Llanelli	3:12.50 ___
5	Dennison, Evie	W13	Milford Havn	3:12.92 ___
6	Jenkins, Olivia I	W12	Swansea Aq	3:18.97 ___
7	Fretwell, Logan	M11	Milford Havn	3:22.09 ___
8	Davies, Evie	W12	Bridgend SC	3:30.25 ___

Heat 6 of 9 Finals Starts at 09:24 AM

1	Butcher, Freya S	W10	Swansea Aq	3:08.29 ___
2	Clay, Emelia S	W11	Swansea Aq	3:04.63 ___
3	George, Kieran	M14	Milford Havn	3:02.66 ___
4	Duncan, Ava	W13	Amman Valley	3:00.00 ___
5	Evans, Wolfgang	M12	Pembs Cty	3:00.83 ___
6	Lloyd, Vincent-Owen	M12	Llanelli	3:04.30 ___
7	Enoch, Erin L	W11	Carmarthen	3:04.89 ___
8	Middleton, Caitlin	W15	Aberystwyth	3:11.19 ___

Heat 7 of 9 Finals Starts at 09:29 AM

1	Griffiths, Isla	W12	Tenby Dolphins	2:56.86 ___
2	Bool, Iolo	M12	Pembs Cty	2:55.54 ___
3	Jermin, Morgan	M12	Llanelli	2:50.83 ___
4	Monan, Euan	M12	Pembs Cty	2:48.60 ___
5	Pyzer, Cyrus A	M12	Carmarthen	2:50.70 ___
6	Morris, Besi	W12	Amman Valley	2:50.98 ___
7	Morris, Ffion H	W13	Pembs Cty	2:55.80 ___
8	Rowland, Scarlett	W13	Neath	2:59.71 ___

Heat 8 of 9 Finals Starts at 09:33 AM

1	Miles, Megan	W17	Pembs Cty	2:47.21 ___
2	Pinnock, Betsan R	W13	Swansea Aq	2:44.32 ___
3	Jenkins, Elli J	W14	Swansea Aq	2:39.43 ___
4	Gray, Gruffudd I	M16	Swansea Aq	2:38.46 ___
5	Jones, Dafydd	M13	Carmarthen	2:38.73 ___
6	Burt, Caio	M15	Llanelli	2:42.83 ___
7	Parry, Abigail	W13	Carmarthen	2:45.96 ___
8	Griffiths, Ffion	W14	Pembs Cty	2:47.53 ___

Heat 9 of 9 Finals Starts at 09:37 AM

1	Cressey-Rodgers, Gwenllian	W15	Nofio S Gar	2:36.11 ___
2	Bruce, Skye	W16	Pembs Cty	2:34.77 ___
3	Taffetsauffer, Isabella	W14	Nofio S Gar	2:29.65 ___
4	Richardson, Osian	M17	Swansea Aq	2:22.49 ___
5	Galbraith, Elian	M16	Llanelli	2:28.61 ___
6	Jones, Hunydd	W14	Nofio S Gar	2:32.65 ___
7	Upton-Boorman, Isabella	W15	Nofio S Gar	2:35.39 ___
8	Lerigo, Oli	M15	Aberystwyth	2:37.21 ___

Event 402 Mixed 9 & Over 400 SC Meter IM

'Sign in' required for this event.

Signing desk will close at 8.15am

Name	Age	Team	Seed Time
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1	Harwood, Jack	M14	Pembs Cty	5:09.48 ___
2	Berner, Lyla	W12	Nofio S Gar	5:16.93 ___
3	Thomas, Rhys	M15	Pembs Cty	5:28.63 ___
4	Evans, Sam	M13	Pembs Cty	5:30.22 ___
5	Davies, Isabella	W14	Nofio S Gar	5:35.43 ___
6	Knight, Lily	W15	C Dolphins	5:45.71 ___
7	Antwhistle, Isaac J	M13	Swansea Aq	5:48.35 ___
8	Hall, Ellena	W14	Pembs Cty	5:48.38 ___
9	Beasley, Evaleigh D	W12	Swansea Aq	5:50.07 ___
10	Patterson, Hollie M	W14	Carmarthen	5:51.83 ___
11	Davies, Elizabeth	W12	Pembs Cty	5:54.34 ___
12	Thompson, Freya	W15	Pembs Cty	5:54.68 ___
13	Lewis, Evie	W12	Pembs Cty	6:00.57 ___
14	Dyde, Pheobe	W13	Pembs Cty	6:02.35 ___
15	Backen, Freddie	M13	Pembs Cty	6:03.62 ___
16	Kenny, Jemima	W14	Pembs Cty	6:06.07 ___
17	Thomas, Tristan	M15	Pembs Cty	6:08.30 ___
18	Dadswell, Harry	M12	Pembs Cty	6:13.81 ___
19	Ostrowski, Julia	W17	Pembs Cty	6:23.96 ___
20	Kaill-Franks, Nia	W14	Pembs Cty	6:24.00 ___
21	Pitans, Caitlin R	W13	Swansea Aq	6:34.40 ___
22	Francis, Mia	W12	Pembs Cty	6:39.01 ___
23	Bowes, James F	M13	Carmarthen	6:41.68 ___
24	Roberts Mylan, Ffion C	W13	Swansea Aq	6:43.40 ___
25	Henson, Jessica	W12	Pembs Cty	6:47.74 ___
26	Morgan, Iolah	W11	Pembs Cty	6:53.58 ___
27	Mason, Ezmee	W12	Pembs Cty	7:17.90 ___
28	Tabiowo, Aria	W10	Co Cardiff	NT ___
29	Berry-Martin, Finn	M11	Co Cardiff	NT ___

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	Name	Age	Team	Seed Time	
30	Taylor, Jasper B	M13	Swansea Aq	NT	___
31	Gallagher, Thia C	W11	Swansea Aq	NT	___
32	Emam, Lina	W12	Swansea Aq	NT	___
33	Williams, Fay	W13	Swansea Aq	NT	___
34	Stuart Lavender, Jac	M15	Nofio S Gar	NT	___
35	Marques-Jones, Felix	M13	Carmarthen	NT	___
36	Evans, Alys E	W10	Carmarthen	NT	___
37	Smith, Caelan	M15	Hsc	NT	___
38	Davies, Betsi	W13	Pembs Cty	NT	___
39	Dashfield, Olivia	W12	Pembs Cty	NT	___

Event 403 Mixed 9 & Over 1500 SC Meter Freestyle**'Sign in' required for this event.****Signing desk will close at 8.15am**

	Name	Age	Team	Seed Time	
1	Twigger, Owen P	M17	Swansea Aq	16:24.37	___
2	Philpott, Ffion	W16	Nofio S Gar	18:29.23	___
3	Howe, Albie	M18	Co Hereford	18:40.40	___
4	Morgan, Ben	M16	Pembs Cty	18:42.00	___
5	Fogarty, Oliver	M13	Pembs Cty	19:10.13	___
6	Clissold, Bronwyn	W17	Pembs Cty	19:11.28	___
7	Griffiths, Sam	M17	Carmarthen	19:14.31	___
8	Howe, Iggy	M16	Co Hereford	19:31.92	___
9	Barry, Isaac	M16	Co Newport	19:37.09	___
10	Prosser, Sofia I	W13	Torfaen D	19:37.24	___
11	Morgan, Evelyn	W14	Nofio S Gar	19:47.42	___
12	Davies, Ava	W13	Llanelli	20:05.10	___
13	Mcfarlane, Una	W14	Pembs Cty	20:21.69	___
14	Higgins, Finley J	M14	Swansea Aq	20:46.24	___
15	Price, Evan	M16	Bridgend SC	20:48.16	___
16	Hall, Isabelle	W14	Pembs Cty	21:44.90	___
17	Morgan, Thomas	M13	Neath	21:50.49	___
18	Kurys, Emiliese J	W11	Carmarthen	22:09.71	___
19	Fenemore, Emily G	W13	Carmarthen	22:31.73	___
20	Hawkins, Lottie	W12	Pembs Cty	22:53.71	___
21	Roberts Mylan, Sophie I	W13	Swansea Aq	24:02.30	___
22	Millard, Effi-Mai	W14	Llanelli	24:07.75	___
23	Phillips, Lucas	M14	Hsc	24:13.98	___
24	Emam, Lina	W12	Swansea Aq	26:10.87	___