

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

Results - Session 4 (Warmup 8.00 - 8.50)

Event 401 Girls 9-10 200 SC Meter Backstroke					8	Duncan, Ava		13	Amman Valley	2:54.39
NameAgeTeamFinals Time						40.93	45.31		44.89	43.26
1	Butcher, Freya S	10	Swansea Aq	3:00.60	9	Titley, Lola		13	Milford Havn	3:09.89
	43.12	46.80	47.24	43.44		47.84	49.45		48.49	44.11
2	Husband, Alysia	10	Hsc	3:16.28	10	Davies, Lauren		14	Llanelli	3:13.64
	47.67	49.95	52.99	45.67		45.17	49.39		51.38	47.70
3	Jermin, Martha	10	Llanelli	3:38.21	---	Wells, Iris		14	C Dolphins	DQ
	50.14	57.62	58.53	51.92		42.48	2:19.58			
4	Ward, Ella-Rae	9	Co Cardiff	3:47.75	Event 401 Women 15 & Over 200 SC Meter Backstroke					
	54.00	59.17	58.95	55.63	NameAgeTeamFinals Time					
5	Backen, Matilda	9	Fishguard	4:25.67	1	Bruce, Skye		16	Pembs Cty	2:36.72
	1:01.84	1:08.86	1:08.14	1:06.83		43.36	39.17		40.69	33.50
6	Whitecross, Phoebe	10	Hsc	4:42.91	2	Mason, Phoebe		15	Pembs Cty	2:50.32
	1:05.62	1:11.24	1:17.87	1:08.18		39.20	42.11		44.26	44.75
---	Dedman, Ivy	9	Tenby Dolphins	DQ	3	Miles, Megan		17	Pembs Cty	2:51.49
	49.06	55.26	1:51.60			39.49	42.78		44.45	44.77
---	Hawksworth Garcia, Frida	9	Swansea Aq	DQ	4	Middleton, Caitlin		15	Aberystwyth	3:10.53
	52.13	58.69	55.74	51.33		43.51	48.37		51.13	47.52
Event 401 Girls 11-12 200 SC Meter Backstroke					5	Lewis, Megan		15	Milford Havn	3:37.15
NameAgeTeamFinals Time						48.60	56.24		1:52.31	
1	Morris, Besi	12	Amman Valley	2:43.74	---	Upton-Boorman, Isabella		15	Nofio S Gar	DQ
	37.42	41.99	42.98	41.35		43.38	39.94		42.07	
2	Enoch, Erin L	11	Carmarthen	2:55.54	Event 401 Women 200 SC Meter Backstroke Multi-Class					
	42.57	45.20	45.01	42.76	NameAgeTeamFinals Time					
3	Clay, Emelia S	11	Swansea Aq	2:56.22	1	%Philpott, Lowri S14		14	Llanelli	3:29.42
	42.58	44.89	45.31	43.44	Event 401 Boys 9-10 200 SC Meter Backstroke					
4	Davies, Evie	12	Bridgend SC	3:09.73	NameAgeTeamFinals Time					
	44.78	48.88	1:36.07		1	Hughes, Isaac W		9	Swansea Aq	3:39.55
5	Jenkins, Olivia I	12	Swansea Aq	3:12.85		52.35	1:51.60		55.60	
	46.60	51.03	49.85	45.37	Event 401 Boys 11-12 200 SC Meter Backstroke					
6	Arnold, Olivia	12	Milford Havn	3:15.48	NameAgeTeamFinals Time					
	47.58	49.48	51.71	46.71	1	Monan, Euan		12	Pembs Cty	2:45.95
7	Bullock, Georgia M	12	Carmarthen	3:20.62		38.37	44.34		43.76	39.48
	46.88	52.53	52.19	49.02	2	Pyzer, Cyrus A		12	Carmarthen	2:49.66
8	Williams, Eva M	11	Swansea Aq	3:27.45		40.49	42.82		43.60	42.75
	48.33	53.36	54.09	51.67	3	Bool, Iolo		12	Pembs Cty	2:50.15
9	McFarlane, Mali	11	Milford Havn	3:30.70		41.33	44.09		43.93	40.80
	50.34	55.97	55.46	48.93	4	Jermin, Morgan		12	Llanelli	2:50.69
10	Nicholas, Annie	11	Milford Havn	3:43.89		40.70	44.29		43.98	41.72
	48.79	58.66	59.27	57.17	5	Leahy, Herbie		11	Pembs Cty	2:58.23
11	James, Scarlett	11	Co Cardiff	3:57.37		42.20	46.15		46.13	43.75
	56.11	1:02.80	1:04.49	53.97	6	Evans, Wolfgang		12	Pembs Cty	3:07.48
12	Nel, Summer	11	Hsc	4:33.74		42.22	47.74		49.83	47.69
			1:11.89	1:04.89	7	El Saghir, Karim S		11	Carmarthen	3:17.77
Event 401 Girls 13-14 200 SC Meter Backstroke						46.19	51.02		51.36	49.20
NameAgeTeamFinals Time					8	Fretwell, Logan		11	Milford Havn	3:25.04
1	Taffetsauffer, Isabella	14	Nofio S Gar	2:31.54		46.61	55.22		53.92	49.29
	42.45	38.17	38.90	32.02	9	Marques-Jones, Idris		11	Carmarthen	3:29.18
2	Jones, Hunydd	14	Nofio S Gar	2:32.50		50.65	52.74		54.35	51.44
	43.42	38.51	39.57	31.00	10	Mills, Flynn		12	Milford Havn	3:41.15
3	Jenkins, Elli J	14	Swansea Aq	2:37.67		52.57	57.36		56.59	54.63
	37.25	40.16	40.84	39.42	11	Taylor, Kingsley C		11	Swansea Aq	3:46.49
4	Pinnock, Betsan R	13	Swansea Aq	2:41.96		54.31	57.11		58.55	56.52
	38.10	41.15	41.70	41.01	12	Burt, Gwion		12	Llanelli	3:48.57
5	Parry, Abigail	13	Carmarthen	2:47.17		1:54.28	59.55		54.74	
	39.68	42.35	43.17	41.97	---	Scourfield, Max		11	Milford Havn	DQ
6	Morris, Ffion H	13	Pembs Cty	2:50.26		1:50.44	59.10		55.63	
	38.51	43.02	45.77	42.96						
7	Griffiths, Ffion	14	Pembs Cty	2:50.51						
	38.89	42.92	44.71	43.99						

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Event 401 Boys 13-14 200 SC Meter Backstroke					--- Kenny, Jemima14 Pembs CtyDQ				
Name		AgeTeam		Finals Time	39.32	47.89	47.80	47.06	
1 Jones, Dafydd		13 Carmarthen		2:32.52	57.00	43.99			
	36.61	38.82	39.34	37.75					
2 George, Kieran		14 Milford Havn		2:57.36					
	42.86	44.96	45.79	43.75					
Event 401 Men 15 & Over 200 SC Meter Backstroke					Event 402 Women 15 & Over 400 SC Meter IM				
Name		AgeTeam		Finals Time	Name		AgeTeam		Finals Time
1 Richardson, Osian		17 Swansea Aq		2:18.81	1 Thompson, Freya		15 Pembs Cty		5:42.02
	39.31	34.89	35.82	28.79		35.87	43.82	43.67	44.01
2 Gray, Gruffudd I		16 Swansea Aq		2:26.85		47.91	50.48	39.04	37.22
	34.83	37.67	37.70	36.65	2 Knight, Lily		15 C Dolphins		6:00.39
3 Lerigo, Oli		15 Aberystwyth		2:39.27	3 Ostrowski, Julia		17 Pembs Cty		6:26.56
	42.71	41.24	43.03	32.29		37.26	45.81	52.98	53.39
4 Burt, Caio		15 Llanelli		2:43.09		51.78	52.96	46.50	45.88
	36.64	41.98	42.53	41.94	Event 402 Boys 11-12 400 SC Meter IM				
Event 402 Girls 11-12 400 SC Meter IM					Name		AgeTeam		Finals Time
1 Berner, Iyla		12 Nofio S Gar		5:17.13	1 Dadswell, Harry		12 Pembs Cty		6:07.77
2 Beasley, Evaleigh D		12 Swansea Aq		5:48.14		38.43	45.21	49.59	46.19
3 Davies, Elizabeth		12 Pembs Cty		5:50.76		51.85	52.94	43.81	39.75
	37.20	43.34	44.13	43.25	--- Berry-Martin, Finn		11 Co Cardiff		DQ
	51.19	52.26	40.95	38.44		38.87	50.32	47.70	45.64
4 Lewis, Evie		12 Pembs Cty		6:02.76		55.80	57.82	42.23	40.26
	37.43	45.85	46.85	47.77	Event 402 Boys 13-14 400 SC Meter IM				
	52.13	51.43	42.23	39.07	Name		AgeTeam		Finals Time
5 Francis, Mia		12 Pembs Cty		6:37.87	1 Evans, Sam		13 Pembs Cty		5:32.67
	44.35	53.32	1:41.81	56.86	2 Bowes, James F		13 Carmarthen		5:43.48
	57.20	43.60	40.73			36.94	43.72	42.71	42.61
6 Morgan, Iolah		11 Pembs Cty		6:59.83		50.11	51.58	38.56	37.25
	49.54	1:00.86	48.73	49.75	3 Antwhistle, Isaac J		13 Swansea Aq		5:43.56
	58.72	1:00.03	47.11	45.09	4 Backen, Freddie		13 Pembs Cty		5:57.49
7 Dashfield, Olivia		12 Pembs Cty		7:07.62		37.87	45.60	45.01	46.66
	49.17	1:02.68	52.63	52.07		49.45	51.28	41.71	39.91
	56.76	56.30	51.40	46.61	5 Taylor, Jasper B		13 Swansea Aq		6:55.34
8 Gallagher, Thia C		11 Swansea Aq		8:14.88		46.89	1:00.76	53.63	50.16
	58.63	1:08.35	1:04.13	1:02.97		56.45	57.33	45.98	44.14
	1:03.03	1:04.12	58.38	55.27	--- Marques-Jones, Felix		13 Carmarthen		DQ
--- Mason, Ezmee		12 Pembs Cty		DQ		36.49	47.31	45.66	42.36
	45.99	57.24	53.36	51.45		46.72	46.78	40.98	36.13
	1:00.08	1:01.16	45.97	41.94	Event 402 Men 15 & Over 400 SC Meter IM				
Event 402 Girls 13-14 400 SC Meter IM					Name		AgeTeam		Finals Time
1 Davies, Isabella		14 Nofio S Gar		5:27.62	1 Thomas, Rhys		15 Pembs Cty		5:26.75
2 Patterson, Hollie M		14 Carmarthen		5:51.80	2 Thomas, Tristan		15 Pembs Cty		5:53.95
	37.06	46.01	46.18	45.22		35.98	42.67	44.18	43.85
	50.11	50.53	39.28	37.41		55.71	53.74	39.60	38.22
3 Dyde, Pheobe		13 Pembs Cty		6:12.58	3 Smith, Caelan		15 Hsc		6:22.75
	39.16	48.08	48.26	46.80		35.23	44.18	52.94	55.90
	53.15	52.09	43.96	41.08		50.29	52.73	46.58	44.90
4 #Roberts Mylan, Ffion C		13 Swansea Aq		6:22.86	--- Stuart Lavender, Jac		15 Nofio S Gar		DQ
	38.04	47.26	45.35	44.11				38.17	
	1:01.58	1:00.51	43.89	42.12		34.33			
5 Williams, Fay		13 Swansea Aq		6:39.90					
	40.94	54.06	49.43	48.92					
	57.21	1:00.99	44.32	44.03					
6 Davies, Betsi		13 Pembs Cty		6:55.34					
	43.83	57.59	50.42	54.30					
	57.51	1:01.08	47.17	43.44					

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Results - Session 4 (Warmup 8.00 - 8.50)

Event 403 Girls 11-12 1500 SC Meter Freestyle				
Name		Age	Team	Finals Time
1	Kurys, Emiliese J	11	Carmarthen	21:57.46
	37.78	42.61	42.33	43.05
	43.67	43.60	43.85	45.12
	45.29	45.73	44.62	45.17
	45.03	44.98	45.45	44.78
	45.98	45.23	45.50	44.75
	45.53	43.74	44.05	43.77
	45.53	44.37	42.93	45.10
	40.89	37.03		
2	Hawkins, Lottie	12	Pembs Cty	22:25.32
	38.00	42.53	44.41	45.58
	46.52	47.27	46.25	45.63
	46.35	45.95	46.75	44.39
	43.79	45.98	46.57	46.19
	46.29	46.49	43.33	45.56
	45.82	43.30	46.90	46.12
	44.15	45.91	43.87	43.53
	43.11	38.78		
3	Emam, Lina	12	Swansea Aq	25:53.06
	44.42	49.91	51.24	52.62
	52.40	53.03	52.96	53.47
	53.95	53.64	53.97	53.52
	54.08	53.05	53.13	53.22
	53.62	53.76	53.21	52.18
	52.82	52.26	52.64	53.34
	51.33	50.87	49.16	50.01
	48.08	41.17		

4	Mcfarlane, Una	14	Pembs Cty	20:12.98
	34.93	37.89	39.53	40.01
	39.69	40.59	40.90	40.98
	40.65	41.45	40.82	40.83
	40.59	40.86	40.64	40.90
	41.17	40.86	41.17	41.92
	41.70	40.74	41.26	41.51
	40.52	40.44	40.79	41.10
	40.21	38.33		
5	Hall, Isabelle	14	Pembs Cty	20:20.95
	36.50	39.51	40.18	40.74
	41.06	41.01	41.27	41.42
	41.37	41.45	41.25	40.98
	40.74	41.05	40.75	40.94
	40.92	41.06	40.86	40.65
	40.81	40.92	41.07	40.91
	41.11	40.78	40.88	40.84
	40.61	39.31		
6	#Roberts Mylan, Sophie I	13	Swansea Aq	22:40.05
	36.82	43.62	43.08	43.22
	43.57	44.72	45.57	45.22
	45.69	46.90	44.93	1:33.82
	45.94	47.04	46.84	46.95
	46.24	46.90	46.75	45.76
	46.25	46.65	48.72	46.53
	46.22	45.02	44.28	43.68
	43.12			
7	Fenemore, Emily G	13	Carmarthen	23:07.27
	39.31	43.85	44.73	45.25
	45.33	46.35	46.10	46.11
	46.15	46.08	46.16	46.77
	47.00	46.98	47.36	48.12
	46.73	47.10	46.95	46.97
	46.54	46.70	46.75	47.14
	46.72	47.12	48.85	47.98
	46.04	44.03		
8	Millard, Effi-Mai	14	Llanelli	23:58.55
	41.93	47.82	48.01	49.04
	49.40	48.31	49.22	48.65
	48.08	47.70	48.75	47.41
	48.06	48.33	48.66	48.58
	47.82	49.18	50.05	49.12
	50.44	46.47	48.07	48.55
	48.02	48.20	47.58	47.40
	45.85	43.85		

Event 403 Women 15 & Over 1500 SC Meter Freestyle				
Name		Age	Team	Finals Time
1	Philpott, Ffion	16	Nofio S Gar	18:47.32
	33.06	36.36	37.28	37.20
	37.75	37.42	37.70	37.41
	37.51	37.88	38.07	37.52
	38.11	37.83	37.90	37.96
	38.33	37.84	38.31	38.16
	38.17	38.46	37.96	38.14
	37.97	38.12	37.68	37.48
	37.06	36.68		

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Results - Session 4 (Warmup 8.00 - 8.50)									
(Event 403 Women 15 & Over 1500 SC Meter Freestyle)					2	Morgan, Ben	16	Pembs Cty	18:49.56
Name		AgeTeam		Finals Time					
2	Clissold, Bronwyn	17	Pembs Cty	19:44.33		32.23	35.34	36.68	36.62
	33.42	37.11	38.89	38.94		36.48	36.89	37.09	37.18
	39.39	38.96	39.23	39.50		37.52	37.66	38.00	37.86
	39.45	39.90	40.02	40.40		38.11	37.99	38.14	38.34
	40.28	40.31	40.57	40.57		38.59	38.07	37.78	38.48
	40.64	40.03	39.91	40.73		38.12	38.74	38.93	38.88
	40.27	40.00	39.72	39.51		38.68	38.64	38.87	38.93
	40.22	40.38	39.98	40.19		38.02	36.70		
	38.31	37.50			3	Price, Evan	16	Bridgend SC	18:55.76
Event 403 Boys 13-14 1500 SC Meter Freestyle						33.65	36.12	37.05	38.10
Name		AgeTeam		Finals Time		38.53	38.74	38.69	38.26
1	Fogarty, Oliver	13	Pembs Cty	19:11.25		38.24	38.64	38.39	38.30
	33.92	37.29	38.44	38.92		37.96	38.13	38.12	37.95
	39.77	39.66	39.67	39.02		37.41	38.03	37.55	37.93
	38.11	37.25	39.16	38.40		38.01	37.87	37.55	38.32
	39.13	38.38	38.65	39.97		38.33	38.14	38.06	38.08
	39.04	38.29	38.93	38.41		38.07	37.54		
	38.16	38.96	38.84	39.46	4	Barry, Isaac	16	Co Newport	19:52.06
	39.52	37.51	38.00	39.38		34.27	37.70	39.23	39.50
	38.16	32.85				40.09	39.96	40.26	40.39
2	Morgan, Thomas	13	Neath	20:11.84		39.89	40.48	40.35	40.35
	34.83	39.16	39.85	40.58		40.49	40.27	41.14	40.93
	39.67	40.01	41.15	41.24		40.67	40.23	40.92	40.41
	41.31	40.42	41.22	42.04		40.30	40.12	39.89	39.91
	41.36	41.92	40.55	41.10		39.78	39.79	39.84	39.06
	41.83	41.19	41.61	41.31		38.65	37.19		
	40.47	40.87	40.47	39.79	5	Howe, Iggy	16	Co Hereford	20:36.03
	39.68	40.06	40.21	40.89		33.04	37.36	39.92	39.88
	39.78	37.27				41.52	41.08	41.67	42.53
3	Higgins, Finley J	14	Swansea Aq	20:32.31		41.80	42.32	42.69	42.52
	35.50	39.13	40.24	40.25		41.80	42.07	1:24.34	42.30
	41.15	41.67	41.11	41.06		42.58	41.10	42.08	43.49
	41.80	41.25	41.28	41.43		41.64	42.65	42.39	42.12
	41.17	41.85	41.36	42.70		42.11	41.09	39.74	39.60
	42.56	41.78	41.07	41.39		38.60			
	41.08	41.87	41.46	41.70	---	Howe, Albie	18	Co Hereford	DNF
	41.43	41.93	42.26	42.38		31.15	35.15	37.73	38.99
	40.76	37.69				39.26	40.26	40.69	41.05
4	Phillips, Lucas	14	Hsc	27:09.51					
	40.72	47.18	51.79	53.23					
	56.02	54.70	55.87	55.09					
	55.88	55.96	56.10	55.67					
	56.07	56.65	55.56	57.29					
	51.11	55.60	55.66	58.11					
	56.55	57.40	55.05	55.37					
	55.51	53.75	53.56	1:48.17					
	49.89								
Event 403 Men 15 & Over 1500 SC Meter Freestyle									
Name		AgeTeam		Finals Time					
1	Twigger, Owen P	17	Swansea Aq	16:21.50					
	29.43	31.98	32.43	32.83					
	32.77	32.68	32.94	32.98					
	33.02	32.91	32.65	33.12					
	32.74	32.95	33.12	32.89					
	32.73	32.90	32.84	32.96					
	32.88	32.91	32.95	33.02					
	33.16	32.97	32.92	33.15					
	32.96	31.71							