OLD MILLFIELDIAN SOCIETY

Commonwealth Games Newletter

Following an unforgettable Commonwealth Games filled with remarkable performances, inspiring moments, and outstanding achievements, we've put together a complete roundup of how Millfield athletes performed on the international stage. From medal-winning displays to personal bests and unforgettable competition moments, Millfield's sporting excellence was proudly showcased throughout the Games. Congratulations to every Millfield athlete, coach, and representative who made this such a memorable Commonwealth Games.

Commonwealth Overview



MILLFIELD AT THE COMMONWEALTH

23 Millfield athletes and coaches took part in the 2026 Commonwealth Games, bringing home 14 Commonwealth medals; 2 Gold, 7 Silver and 5 Bronze.

The Millfield selections were made up of 17 Old Millfieldians, one staff member, two Swimming Performance Squad members and 3 current Millfield Pupils.

- Swimmers James Guy, and Emily Richards represented Team England
- Swimmers Meghan Higgs, Matthew Richards, Kieran Bird and Sophie Davies, all represented Team Wales
- Swimmer Filip Nowaki represented Team Jersey
- Jazmin Sawyers and Elise Thorner represented Team England in the Athletics
- Lauren Bell represented Team Scotland in the Indoor Cycling
- Jamie Schluter represented Team Nigeria in the Decathalon
- Swimmer Tilly Collymore represented Grenada
- Swimmer Riley W represented Team Cayman Islands
- Swimmer Emily H represented Team Northern Ireland
- Swimmer Ethan Stubbs-Green represented Team Antigua
- Swimmer Katie G represented Team Gibraltar
- Swimmers Anna Morgan and Evan Jones represented Team Scotland
- Swimmer Emma Harvey represented Team Bermuda
- Swimmer Tatiana Tostevin represented Team Guernsey
- Swimmers Jade and Mia Phiri represented Team Zambia
- Swimmer Imara Bella-Thorpe represented Kenya

Schedule and Results

Sport	Date	Time at Millfield	Athlete	Representing	Event	Stage	Result
Swimming	27 July	2024-2026	Filip Nowaki	Jersey	Mens 50m Breastroke	Finals	5th
Swimming	27 July	2024-2026	Filip Nowaki	Jersey	Mens 100m Breastroke	Finals	Silver
Swimming	27 July	2024-2026	Filip Nowaki	Jersey	Mens 200m Breastroke	Finals	Gold
Swimming	28 July	2010-2012	Jazmine Sawyers	England	Womens Long Jump	Finals	Gold
Swimming	28 July	2008-2014	James Guy	England	Mixed 4x100 Freestyle Relay	Finals	Silver
Swimming	28 July	2008-2014	James Guy	England	Mens 4x200 Freestyle Relay	Finals	Silver
Swimming	29 July	2008-2014	James Guy	England	Mens 200m Freestyle	Finals	Silver
Swimming	29 July	2020-2026	Meghan Higgs	Wales	Mixed 4x100 Freestyle Relay	Heat Swimmer	Bronze
Swimming	29 July	2020-2026	Meghan Higgs	Wales	Women's 50m Freestyle	Semi-final 1	6th
Swimming	29 July	*performance	Matt Richards	Wales	Mixed 4x100m Freestyle Relay	Final	Bronze
Swimming	30 July	*performance	Matt Richards	Wales	Mixed 4x100 Freestyle Relay	Final	Bronze
Swimming	30 July	*performance	Matt Richards	Wales	Men's 100m Freestyle	Final	Silver
Swimming	30 July	*performance	Matt Richards	Wales	Men's 200m Freestyle	Final	Silver
Swimming	30 July	2016-2018	Kieran Bird	Wales	Mixed 4x100 Freestyle Relay	Heat Swimmer	Bronze
Swimming	30 July	2016-2018	Kieran Bird	Wales	Men's 4x200 Freestyle Relay	Final	Bronze
Swimming	30 July	2016-2018	Kieran Bird	Wales	Men's 200m Freestyle	Heat 4	4th
Steeplechase	30 July	2014-2019	Elise Thorner	England	3000m Steeplechase	Final	Silver

Schedule and Results

Sport	Date	Time at Millfield	Athlete	Representing	Event	Stage	Result
Indoor Cycling	27 July	2013-2018	Lauren Bell	Scotland	Indoor Cycling	Final	Bronze
Decathalon	27 July	2014-2021	Jami Schluter	Nigeria	Men's Decathalon	Final	7th
Swimming	27 July	2024-2026	Tilly Collymore	Grenada	Women's 100m Freestyle	Heat 6	4th
Swimming	28 July	2024-2026	Tilly Collymore	Grenada	Women's 200m Freestyle	Heat 3	8th
Swimming	28 July	2024-2026	Tilly Collymore	Grenada	Women's 50m Butterfly	Heat 4	6th
Swimming	28 July	2024-2026	Tilly Collymore	Grenada	Women's 50m Freestyle	Heat 6	3rd
Swimming	29 July	2021-2026	Sophie Davies	Wales	Women's 200m Freestyle	Final	6th
Swimming	29 July	2021-2026	Sophie Davies	Wales	Women's 100m Freestyle	Semi-final	8th
Swimming	29 July	2021-2026	Sophie Davies	Wales	Women's 4x100 Freestyle Relay	Final	7th
Swimming	29 July	2025-2027	Riley Watson	Cayman Islands	Women's 100m Backstroke	Heat 2	6th
Swimming	30 July	2025-2027	Riley Watson	Cayman Islands	Women's 200m Backstroke	Heat 2	6th
Swimming	30 July	2025-2027	Riley Watson	Cayman Islands	Women's 50m Backstroke	Heat 3	8th
Swimming	30 July	2022-2027	Emily Hughes	Northern Ireland	Women's 200m Freestyle	Heat 5	6th
Swimming	30 July	2022-2027	Emily Hughes	Northern Ireland	Women's 100m Freestyle	Heat 8	7th
Swimming	30 July	2022-2027	Emily Hughes	Northern Ireland	Women's 50m Freestyle	Heat 7	6th
Swimming	30 July	2022-2027	Emily Hughes	Northern Ireland	Women's 4x100 Freestyle Relay	Final	6th
Swimming	30 July	2022-2026	Ethan Stubbs-Green	Antigua	Men's 100m Butterfly	Heat 3	7th

Schedule and Results

Sport	Date	Time at Millfield	Athlete	Representing	Event	Stage	Result
Swimming	27 July	2022-2026	Ethan Stubbs-Green	Antigua	Men's 100m Freestyle	Heat 5	5th
Swimming	27 July	2022-2026	Ethan Stubbs-Green	Antigua	Men's 200m Butterfly	Heat 1	4th
Swimming	27 July	2022-2026	Ethan Stubbs-Green	Antigua	Men's 200m Freestyle	Heat 3	1st
Swimming	28 July	2023-2030	Katie Green	Gibraltar	Women's 100m Freestyle	Heat 2	5th
Swimming	28 July	2023-2030	Katie Green	Gibraltar	Women's 200m Freestyle	Heat 1	2nd
Swimming	28 July	2023-2030	Katie Green	Gibraltar	Women's 200m Individual Medley	Heat 1	5th
Swimming	29 July	2023-2030	Katie Green	Gibraltar	Women's 50m Backstroke	Heat 1	2nd
Swimming	29 July	2023-2030	Katie Green	Gibraltar	Women's 50m Breastroke	Heat 3	8th
Swimming	29 July	2023-2030	Katie Green	Gibraltar	Women's 50m Freestyle	Heat 1	1st
Swimming	29 July	*performance	Emily Richards	England	Women's 100m Butterfly	Semi-final	5th
Swimming	30 July	*performance	Emily Richards	England	Women's 200m Butterfly	Final	5th
Swimming	30 July	2019-2021	Anna Morgan	Scotland	Women's 100m Breastroke	Semi-final	5th
Swimming	30 July	2019-2021	Anna Morgan	Scotland	Women's 50m Breastroke	Final	6th
Swimming	30 July	2016-2022	Evan Jones	Scoland	Men's 100m Butterfly	Semi-final	6th
Swimming	30 July	2016-2022	Evan Jones	Scotland	Men's 200m Freestyle	Heat 6	5th
Swimming	30 July	2016-2022	Evan Jones	Scotland	Men's 200m Individual Medley	Final	7th
Swimming	30 July	2016-2022	Evan Jones	Scotland	Men's 4x100 Freestyle Relay	Final	4th

Schedule and Results

Sport	Date	Time at Millfield	Athlete	Representing	Event	Stage	Result
Swimming	27 July	2016-2019	Emma Harvey	Bermuda	Women's 100m Butterfly	Semi-final	7th
Swimming	27 July	2016-2019	Emma Harvey	Bermuda	Women's 50m Backstroke	Semi-final	7th
Swimming	27 July	2016-2019	Emma Harvey	Bermuda	Women's 50m Butterfly	Semi-final	6th
Swimming	28 July	2017-2021	Tatiana Tostevin	Guernsey	Women's 100m Backstroke	Heat 3	7th
Swimming	28 July	2017-2021	Tatiana Tostevin	Guernsey	Women's 100m Freestyle	Heat 5	5th
Swimming	28 July	2017-2021	Tatiana Tostevin	Guernsey	Women's 50m Backstroke	Heat 6	7th
Swimming	29 July	2017-2021	Tatiana Tostevin	Guernsey	Women's 50m Butterfly	Heat 4	4th
Swimming	29 July	2017-2021	Tatiana Tostevin	Guernsey	Women's 50m Freestyle	Heat 5	3rd
Swimming	29 July	2017-2021	Tatiana Tostevin	Guernsey	Womens 4x100 Freestyle Relay	Final	8th
Swimming	29 July	2020-2024	Jade Phiri	Zambia	Women's 50m Butterfly	Heat 5	7th
Swimming	30 July	2020-2024	Jade Phiri	Zambia	Women's 50m Freestyle	Heat 5	8th
Swimming	30 July	2019-2021	Mia Phiri	Zambia	Women's 50m Backstroke	Heat 3	1st
Swimming	30 July	2019-2021	Mia Phiri	Zambia	Women's 50m Butterfly	Heat 6	7th
Swimming	30 July	2019-2021	Mia Phiri	Zambia	Women's 50m Freestyle	Heat 5	1st
Swimming	27 July	2014-2019	Imara Bella-Thorpe	Kenya	Women's 100m Butterfly	Semi-final	8th
Swimming	27 July	2014-2019	Imara Bella-Thorpe	Kenya	Women's 50m Butterfly	Heat 5	6th
Swimming	27 July	2014-2019	Imara Bella-Thorpe	Kenya	Women's 50m Freestyle	Heat 5	5th

Results

2 Gold Medals



7 Silver Medals



5 Bronze Medals



Final

Athlete Profiles



FILIP NOWAKI

Age: 18

Sport: Swimming

Representing: Team Jersey

Attended Millfield between 2024-2026

2026 Gold and Silver medallist

"It's changed my life, in a way that I didn't think it would do joining the school originally.
I've definitely been put through it, in a way, through the swimming programme. They have challenged me in everyway, inside the pool, outside the pool. I've been challenged by my teachers in the classroom which has lead to my character development and for me to develop as a person, into a better person that I didn't think I would be had you asked me 2 years ago.

I'm just very grateful for the opportunity and now to be swimming under Millfield is very special."

Filip Nowaki made history for Jersey at the 2026 Commonwealth Games in Glasgow, claiming not only a silver medal in the Men's 100m Breaststroke, but also gold in the 200m Breaststroke. His silver in the 100m, where he finished in 59.34 seconds, secured Jersey's first Commonwealth Games medal in 36 years.



Filip then went one better in the 200M Breaststroke, winnin gold in a time of 2:07.87 and becoming the first Jersey swimmer to win a Commonwealth Games gold medal. He led the race from start to finish, holding off Canada's Oliver Dawson and Australian Olympic champion Zac Stubblety-Cook to secure a historic victory for Jersey.



Athlete Profiles



JAZMIN SAWYERS

Age: 32

Sport: Athletics

Representing: Team England

Attended Millfield between 2010-2012

2026 Gold medallist

Jazmin Sawyers returned to Glasgow for the 2026 Commonwealth Games, twelve years after claiming silver at the same event in 2014. Competing in the Women's Long Jump, Jazmin secured not only a place in the final with a season's best jump of 6.80m but also went on to claim gold with a 6.93m jump.

Jazmins victory made her first major outdoor title and saw her complete a remarkable retur to Glasgow, this time as Team England captain. Her winning jump came in the final round, moving her ahead of Nigeria's Ruth Osoro and securing golf in front of a home crowd. The result added another significant achievement to Jazmin's careeer and brought her Commonwealth jorney in Glasgow full circle, twelve years after winning silver at her first games.

As Team England captain, Jazmin's performance also highlighted her experience and leadership, providing a strong example for the next generation of athletes competing at the Games.



Athlete Profiles



JAMES GUY

Age: 30

Sport: Swimming

Representing: Team England

Attended Millfield between 2008-2014

2026 3x Silver Medallist

James Guy enjoyed another successful Commonwealth Games in Glasgow, adding three silver medals to his impressive collection. He claimed silver in the Men's 200m Freestyle, touching the wall in 1:45.72, before helping England to further siler medals in bot the Men's 4x100m and 4x200m Freestyle Relays

James' performance in the 4x200m Freestyle Relay was particularly impressive, producing the fastest split of the field with a 1:44.03 third leg to help England secure silver. His three medals continued a remarkable Commonwealth Games career, having previously won a medal in every event he competed in at Birmingham 2022.

At the age of 30, James once again demonstrated his experience and consistency at the highest level, playing a key role in England's relay success while also securing his first individual Commonwealth Games medal in Glasgow.

Athlete Profiles



MEGHAN HIGGS

Age: 18

Sport: Swimming

Representing: Team Wales

Attended Millfield between 2020-2026

2026 Bronze Medallist

Meghan Higgs was one of Wales' promising young swimmers at the 2026 Commonwealth Games in Glasgow, competing across both individual and relay events. The 18-year-old represented Wales in the Women's 100m and 50m Freestyle, as well as playing an important role in the team's relay programme.

One of the highlights of Meghan's Games came in the Mixed 4x100m Freestyle Relay, where she teamed up with Harry Milne, Kieran Bird and Medi Harris in the heats before helping Wales secure a bronze medal in the final. The result added another Commonwealth medal to Meghan's emerging international career.

Meghan also competed in the Women's 4x100m Freestyle Relay, swimming alongside Theodora Taylor, Bex Sutton and Sophie Davies. She recorded a 55.17 split in the final as Wales produced a strong performance against some of the Commonwealth's leading swimming nations.

In the individual events, Meghan raced in the 100m Freestyle before progressing to the 50m Freestyle later in the competition. She narrowly missed out on the 50m Freestyle final, but her performances in Glasgow represented valuable experience on the Commonwealth stage.

At just 18, Meghan's appearance in Glasgow marked an important step in what is shaping up to be an exciting international career. Having already represented Wales at senior level and been selected for the 2026 European Junior Championships, her Commonwealth Games experience provides a strong platform for continued development at the highest level of the sport.



Athlete Profiles



MATTHEW RICHARDS

Age: 23

Sport: Swimming

Representing: Team Wales

Millfield Performance Swimmer

2026 Bronze and Silver Medallist

Matthew Richards was one of Wales' standout performers at the 2026 Commonwealth Games in Glasgow, claiming four medals across the competition. He won silver in both the Men's 100m and 200m Freestyle, finishing behind Australia's Flynn Southam in the 100m and Kai Taylor in the 200m.

Matt also contributed to Wales' relay success, helping the team secure bronze in both the Men's 4x200m Freestyle Relay and the Mixed 4x100m Freestyle Relay. His four-medal haul made him the first Welsh swimmer to win four medals at a single Commonwealth Games.

The results added another impressive chapter to Matt's already decorated career. As an Olympic and World Champion, his performances in Glasgow demonstrated his continued ability to compete at the highest level, while representing Wales on home-nation duty.



Athlete Profiles



KIERAN BIRD

Age: 26

Sport: Swimming

Representing: Team Wales

Attended Millfield 2016-2018

2026 2x Bronze Medallist

Kieran Bird made a strong contribution to Wales' swimming success at the 2026 Commonwealth Games in Glasgow, claiming three bronze medals. He secured an individual bronze in the Men's 400m Freestyle, before helping Wales to further bronze medals in both the Men's 4x200m Freestyle Relay and the Mixed 4x100m Freestyle Relay.

Kieran's bronze in the 400m Freestyle was a significant result in an event he has specialised in throughout his career, having previously won the British title over the distance and represented Team GB at two Olympic Games.

His three medals made Glasgow another memorable Commonwealth Games for Kieran, with his experience in the middle-distance freestyle events proving valuable to Wales across both the individual and relay competitions.

"My Commonwealth Games experience was super fun, and a special one as all my family were there and to be on the podium and see them afterwards was a really special moment for me.

Before these Commonwealth Games I think Wales had only won 2 swimming relay medals ever and then to be apart of two more, so we doubled our historic amount in one commonwealth games was a special moment"

Athlete Profiles



ELISE THORNER

Age: 25

Sport: Steeplechase

Representing: Team England

Attended Millfield between 2014-2019

2026 Silver Medallist

Elise Thorner produced a superb performance for Team England at the 2026 Commonwealth Games in Glasgow, claiming silver in the Women's 3000m Steeplechase. Elise finished in a personal best time of 9:05.45, crossing the line behind Kenya's Faith Cherotich and ahead of Uganda's Peruth Chemutai.

Elise's silver medal was a significant achievement following her breakthrough 2025 season, when she became British champion and qualified for the World Championships. Her performance in Glasgow saw her continue to improve on the international stage, with her personal best securing her first major senior outdoor medal.

The result marked a major milestone in Elise's developing career and demonstrated her ability to compete with some of the world's best steeplechase athletes. Racing in front of a home crowd in Glasgow, Elise produced a strong final lap to secure a memorable Commonwealth Games silver medal.



Athlete Profiles



LAUREN BELL

Age: 26

Representing: Team Scotland

Sport: Indoor Cycling

Attended Millfield between 2013-2018

2026 Bronze Medalist

Lauren Bell enjoyed a memorable Commonwealth Games in Glasgow, winning bronze for Team Scotland in the Women's Team Sprint alongside Iona Moir and Maddy Silcock. The result secured Lauren her first Commonwealth Games medal, having previously finished sixth in the 500m Time Trial at Birmingham 2022.

Lauren's medal came after several years of progression on the international track cycling circuit, including World and European medals in the Team Sprint. She had also entered Glasgow after winning multiple British titles and representing Scotland at her home Games, giving her the opportunity to race for a medal in front of a home crowd.

The bronze was an important moment in Lauren's Commonwealth Games career, converting the promise she had shown since her debut in Birmingham into a major Games medal. Her performance also contributed to a successful Games for Scotland on the track.



TILLY COLLYMORE



Age: 18

Representing: Team Grenada

Sport: Swimming

Attended Millfield 2024-2026

Tilly Collymore represented Grenada in the swimming events at the 2026 Commonwealth Games in Glasgow, competing across the 50m Butterfly, 50m, 100m and 200m Freestyle. At just 18 years old, Tilly was one of Grenada's young swimming prospects and gained valuable experience racing against some of the Commonwealth's leading swimmers.

Tilly's appearance in Glasgow followed a strong period of development in which she had established multiple Grenadian national records and represented Grenada at major international competitions. Her 2026 season had already seen her lower her national records in the 100m and 200m Freestyle, while she also competed at the 2025 World Aquatics Championships in Singapore.

Competing at her second Commonwealth Games, Tilly continued to gain experience at senior international level and represented Grenada on one of the sport's biggest stages. Her performances in Glasgow form another important step in the development of a young swimmer with ambitions to continue progressing internationally.

Athlete Profiles



JAMI SCHLUTER

Age: 23

Sport: Decathalon

Representing: Team Nigeria

Attended Millfield 2014-2021

Jami Schlueter represented Nigeria in the Men's Decathlon at the 2026 Commonwealth Games in Glasgow, finishing seventh overall with a score of 7,665 points. Competing across all ten events, Jami produced a strong series of performances, including a 10.70-second 100m, a 7.16m long jump, a 15.35m shot put and a 1.97m high jump.

Jami remained competitive throughout the two-day competition, sitting fourth overall after five events with 4,196 points. He finished the Games with 7,665 points, placing seventh in a highly competitive Commonwealth field.

His performance in Glasgow represented an important experience on the senior international stage and demonstrated his ability to compete across all ten disciplines required in one of athletics' most demanding events. At just 23 years old, the Commonwealth Games provided valuable experience as he continues to develop as a decathlete.

What was you most memorable moment at the games?

"There were 3 of us training in the same training group in Texas, Joel McFarlane, myself, and Lindon Victor, who went on to win the meet. Crossing the line and me laying on the ground, and then I see him cross after me, then he stood up and rose three fingers to announce that he's a three-time commonwealth champion back-to-back.

Theres only one other person in history who's ever done that, in athletics. So, seeing that a guy from my training group, a guy that I look up to, who I've watched from when I first got into the sport in 2014, seeing that happen and being so close kind of made me want to be there, a huge motivation moment."

Athlete Profiles



RILEY W

Age: 16

Representing: Team Cayman Islands

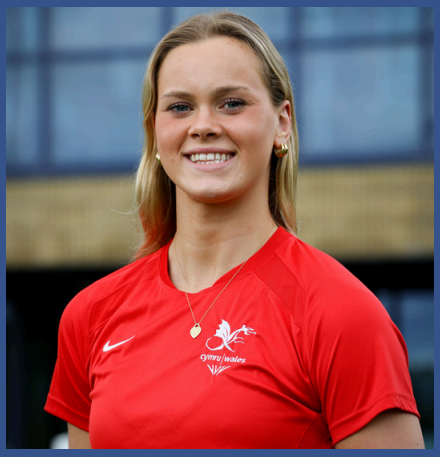
Sport: Swimming

Attended Millfield 2025-2027

Riley Watson represented the Cayman Islands at the 2026 Commonwealth Games in Glasgow, competing in the swimming events and gaining valuable experience on the senior international stage. Riley competed in the Women's 100m Backstroke, finishing in 1:08.41 against a strong Commonwealth field.

Riley was also part of the Cayman Islands' Women's 4x100m Freestyle Relay team alongside Kyra Rabess, Sierrah Broadbelt and Harper Barrowman. The relay provided another opportunity to compete against some of the leading swimming nations at the Games, as Cayman continued to make progress on the Commonwealth stage.

For Riley, Glasgow 2026 represented an important step in her development, gaining experience of racing at a major senior international competition while representing the Cayman Islands on one of the sport's biggest stages.



SOPHIE DAVIES

Age: 18

Representing: Team Wales

Sport: Swimming

Attended Millfield 2021-2026

Sophie Davies represented Wales at the 2026 Commonwealth Games in Glasgow, competing in the Women's 200m and 100m Freestyle as well as contributing to Wales' relay teams. In the 100m Freestyle, Sophie progressed to the semi-final, where she finished 12th overall in a time of 55.49 seconds.

Sophie also played an important role in Wales' relay programme, swimming on the Women's 4x100m Freestyle Relay team. She produced a 55.57 split in the final as Wales finished behind Scotland and South Africa.

The Glasgow Games represented an important opportunity for Sophie to compete at senior Commonwealth level, having earned her place in the Welsh team through her relay performances and continued development.

At just 18, she gained valuable experience racing individually and as part of the Welsh relay squad on a major international stage.

Athlete Profiles



ETHAN STUBBS-GREEN

Age: 19

Representing: Team Antigua

Sport: Swimming

Attended Millfield 2022-2026

Ethan Stubbs-Green made his Commonwealth Games debut for Antigua and Barbuda at Glasgow 2026, competing in the swimming programme. One of his standout performances came in the Men's 200m Butterfly, where he recorded 2:04.62 in his heat, setting a new Antigua and Barbuda national record.

The performance was a particularly impressive achievement for Ethan, who was competing at his first Commonwealth Games at just 19 years old. His national-record swim demonstrated his continued progression in the butterfly events and gave him valuable experience of racing against senior international opposition.

Ethan's appearance in Glasgow represents another important step in his development and provides a strong platform as he continues to compete for Antigua and Barbuda at major international competitions.



EMILY H

Age: 16

Representing: Team Northern Ireland

Sport: Swimming

Attended Millfield 2022-2027

Emily Hughes represented Northern Ireland at the 2026 Commonwealth Games in Glasgow, competing as part of the Women's 4x100m Freestyle Relay team. Emily swam alongside Danielle Hill, Ellie McCartney and Victoria Catterson, with the team setting a new Irish record of 3:41.29 in the final. Emily produced a 55.99 split as Northern Ireland finished fifth.

The relay performance was a significant result for Emily, who made her senior Commonwealth Games debut in Glasgow. Competing against some of the strongest relay squads in the Commonwealth, she gained valuable experience racing at a major international level and contributed to a new national record for Northern Ireland.

Emily's performance marked an exciting milestone in her developing career and provided valuable experience as she continues to establish herself on the senior international swimming stage.

Athlete Profiles



KATIE G

Age: 14

Sport: Swimming

Representing: Team Gibraltar

Attended Millfield 2023-2030

Fourteen-year-old Katie Green represented Gibraltar at the 2026 Commonwealth Games in Glasgow, making her senior Commonwealth Games debut. One of her strongest performances came in the Women's 200m Freestyle, where she finished second in her heat in 2:17.14 after briefly taking the lead at the halfway point.

Katie went on to compete across a number of events during the Games, gaining valuable experience against swimmers from across the Commonwealth. Her performance in the 200m Freestyle was particularly notable given her age, as she showed composure and competitiveness against a senior international field.

At just 14, Katie's appearance in Glasgow marked the beginning of what promises to be a long international career. The experience of competing at a senior Commonwealth Games will provide an important foundation as she continues to develop and represent Gibraltar on the international stage.



EMILY RICHARDS

Age: 25

Sport: Swimming

Representing: Team England

Millfield Performance Swimmer

Emily Richards represented Team England at the 2026 Commonwealth Games in Glasgow, competing in the Women's 100m and 200m Butterfly as well as contributing to England's mixed relay programme. In the 100m Butterfly, Emily narrowly missed out on the final after recording 58.85 in the semi-finals, finishing as the first reserve.

Emily also competed in the 200m Butterfly, an event in which she had entered the Games as one of England's leading contenders after winning silver at the 2026 Aquatics GB Championships in 2:07.70. She also helped England in the Mixed 4x100m Medley Relay, swimming the butterfly leg.

Having previously won the World Junior title in the 200m Butterfly, Emily's performances in Glasgow continued her progression at senior level. The Games provided another opportunity to compete against the world's best and build towards future major championships.

Athlete Profiles



ANNA MORGAN

Age: 23 Representing: Team Scotland

Sport: Swimming Attended Millfield 2019-2021

Anna Morgan represented Team Scotland at her first home Commonwealth Games in Glasgow, competing in the breaststroke events. She progressed to the semi-final of the Women's 50m Breaststroke, qualifying in 30.96 seconds before competing against a strong international field in the evening session.

Anna arrived in Glasgow after an impressive domestic season, having won silver in the 50m Breaststroke at the 2026 Aquatics GB Championships in 30.83 and also taken bronze in the 200m Breaststroke. She had also set strong times in the 100m Breaststroke during the season.

Competing at a home Games in front of a Scottish crowd made Glasgow a significant milestone in Anna's career. Her experience racing at the Commonwealth Games provides another important step as she continues to establish herself as one of Scotland's leading breaststroke swimmers.

"My Commonwealth Games experience provided invaluable lessons both in and out of the pool. I was incredibly proud to have been selected to represent my country, particularly with the games being hosted at home. Whilst my games results weren't what I was hoping for, I'm proud of the courage and determination it took to compete at that level for the first time. The lead up to the games included a prep camp in Aberdeen. This was my first prep camp so I didn't know what to expect but I had a great time. We had a team room within the hotel with games and we ate together every meal. We had a cap giving ceremony where we each got presented our Scotland caps with our names on them which was a big highlight for me as it started to make everything feel so real. We even had a private gig from Callum Bowie which was really exciting!

Seeing the pool set up and ready to go for the first time was such a surreal moment. I knew the coming days were going to be loud. I've raced in Toll Cross before but with the way the pool had been dressed up, it felt like a completely new venue. Racing there was both nerve wracking and exciting all at the same time and I will forever be grateful to have been part of Team Scotland. I'm grateful to my family for the support throughout the week but also through my entire swimming career. I'm grateful to have shared this opportunity with my coach who was fortunately part of the coaching team at the games and I'm grateful to my teammates for making the whole thing that much more enjoyable. I also found great pride being a part of the Millfield community after watching so many current and former pupils representing their country at the games, both in the pool and in other sports.

Overall, I had a very positive and impactful experience that I'm sure will push me forward in seasons to come and when I look back on this period of my career, I can be sure I gave everything I had to the sport!"

Athlete Profiles



EMMA HARVEY

Age: 25

Representing: Team Bermuda

Sport: Swimming

Attended Millfield 2016-2019

Emma Harvey represented Bermuda at her third Commonwealth Games in Glasgow, competing across the backstroke and butterfly events. Despite battling illness during the competition, Emma reached the semi-finals of the Women's 50m Butterfly, 100m Butterfly and 50m Backstroke.

Her 50m Backstroke performance saw her qualify for the semi-final after finishing fifth in her heat in 29.20 seconds, making her the 14th-fastest qualifier overall. Emma had also reached the semi-finals of the 50m and 100m Butterfly earlier in the Games.

Although illness affected her performances in Glasgow, Emma's ability to reach three Commonwealth Games semi-finals demonstrated her consistency at international level. She now has further experience to take forward as she continues to compete for Bermuda at major championships.



EVAN JONES

Age: 22

Representing: Team Scotland

Sport: Swimming

Attended Millfield 2016-2022

Evan Jones returned to the Commonwealth Games for his second appearance, representing Team Scotland in Glasgow. Having won two bronze medals as part of Scotland's relay teams at Birmingham 2022, Evan arrived at his home Games with considerable international experience, including a World Championship title as part of Great Britain's 4x200m Freestyle Relay team in 2024.

In Glasgow, Evan competed in the Men's 200m Individual Medley and 200m Freestyle, with the 200m IM particularly notable as he qualified for the final alongside fellow Scot Duncan Scott. He also contributed to Scotland's relay programme throughout the Games.

Racing at Tollcross, the same pool where he had competed at previous major championships, gave Evan the opportunity to perform in front of a home crowd. His return to the Commonwealth Games marked another chapter in an already successful international career.

Athlete Profiles



TATIANA TOSTEVIN

Age: 23

Sport: Swimming

Representing: Team Guernsey

Attended Millfield 2017-2021

Tatiana Tostevin represented Guernsey at her third Commonwealth Games in Glasgow, competing in the sprint freestyle and butterfly events as well as contributing to Guernsey's relay teams. She made an immediate impact in the Women's 4x100m Freestyle Relay, helping the team reach the final after they set a new Guernsey record of 3:55.88 in the heats. Tatiana opened the relay with a 59.16 split.

Tatiana also produced a standout individual performance in the Women's 50m Freestyle, becoming the first Guernsey woman to break the 27-second barrier. Her time of 26.95 placed her third in her heat and 27th overall, while also setting a new island record.

The result added another record to Tatiana's successful Games, after she had already broken the Guernsey 50m Backstroke record earlier in the competition. Her performances demonstrated her continued progression and made Glasgow another memorable Commonwealth Games for Guernsey swimming.



JADE PHIRI

Age: 20

Sport: Swimming

Representing: Team Zambia

Attended Millfield 2020-2024

Jade Phiri represented Zambia at the 2026 Commonwealth Games in Glasgow, competing in the Women's 50m Butterfly. In her opening swim, Jade recorded 28.48 seconds in Heat 5, finishing 26th overall out of 52 competitors.

The performance gave Jade valuable experience of competing at senior Commonwealth level, racing against swimmers from some of the strongest programmes in the sport. Her participation also contributed to Zambia's growing presence in the swimming programme at Glasgow 2026.

For Jade, the Games represented an important opportunity to gain international experience and continue developing as she competes for Zambia on the senior stage.

Athlete Profiles



MIA PHIRI

Age: 23

Representing: Team Zambia

Sport: Swimming

Attended Millfield 2019-2021

Mia Phiri represented Zambia at the 2026 Commonwealth Games in Glasgow, competing in the Women's 50m Butterfly. Mia recorded a time of 28.02 seconds in Heat 6, finishing strongly in a competitive field and gaining valuable experience at her Commonwealth Games debut.

Her performance came as part of a wider Zambia swimming team competing against some of the leading athletes from across the Commonwealth. At 23, Mia brought international experience to the team and helped represent Zambia on one of the sport's biggest stages.

Glasgow provided another opportunity for Mia to test herself against high-level opposition and continue building her experience as she represents Zambia at major international competitions.

"Competing at the Commonwealth Games was a really special experience for me and a significant milestone in my swimming career. Years of preparation go into competing at a competition of this level. Training as an elite athlete in Zambia presented its own challenges, particularly with limited access to facilities and opportunities, which was one of the reasons I eventually moved to the UK and America to pursue my swimming. Being able to represent Zambia on such a big international stage, after overcoming injuries, setbacks and the challenges that came with limited infrastructure, made the experience even more meaningful.

It felt surreal to be back competing internationally after spending so much time out with injuries. There were definitely nerves in the build-up and before my races, and although my times weren't where I ultimately believe I can be, simply being back on that stage was a huge accomplishment. It reminded me how much I still love swimming and how passionate I am about the sport, and it has given me even more motivation to continue working towards my goals. One of the most special parts of the Games was being able to reconnect with some of my closest friends from other countries. I hadn't seen some of them in years, so being able to compete alongside them and share such a unique experience together was something I'll always remember.

The Commonwealth Games reminded me that the journey in sport isn't always straightforward. There have been injuries, setbacks and plenty of challenges along the way, but being able to come through those experiences and represent Zambia internationally made the Games incredibly special. It has motivated me to keep pushing myself and striving for greater things in swimming."

Athlete Profiles



IMARA BELLA-THORPE

Age: 25

Sport: Swimming

Representing: Team Kenya

Attended Millfield 2014-2019

Imara-Bella Thorpe represented Kenya at the 2026 Commonwealth Games in Glasgow, competing in the 100m Butterfly, 50m Freestyle and relay events. She made history in the Women's 100m Butterfly, becoming the first Kenyan female swimmer to reach a Commonwealth Games semi-final in the event. Thorpe qualified from the heats in 1:02.35 before returning to race against a strong international field in the semi-final.

Imara arrived in Glasgow following a strong season of international competition, including representing Kenya at the 2026 African Swimming Championships. She had also continued to establish herself as one of Kenya's leading sprint swimmers, competing across freestyle, butterfly and relay events. Her 2026 season included a national-record contribution in Kenya's women's 4x100m Freestyle Relay at the African Championships.

The Commonwealth Games were another significant milestone in Imara's international career, particularly given her historic achievement in the 100m Butterfly. She also helped Kenya's mixed 4x100m Medley Relay team set a new national record of 4:05.16 in Glasgow alongside Stephen Ndegwa, Haniel Kudwoli and Sara Mose.

Competing in Glasgow provided Imara with valuable experience racing at the highest level and against some of the world's leading swimmers. Her performances, alongside Kenya's improved relay results, marked an encouraging step forward as she continues to develop as an international swimmer and build towards future major championships and the Los Angeles 2028 Olympic Games.

commonwealth games

GLASGOW 2026

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Coach Profiles



KEIRON PIPER

Keiron Piper played an important role at the 2026 Commonwealth Games in Glasgow as a coach for Jersey's swimming team. As Head of Swimming at Millfield, Keiron worked closely with the Jersey squad throughout the Games, including coaching Filip Nowacki, who went on to make history by winning gold in the Men's 200m Breaststroke and silver in the 100m Breaststroke.

Keiron's involvement in Filip's success was particularly significant, having coached the young breaststroke specialist since 2024. Under Keiron's guidance, Filip had developed into a double World Junior Champion before arriving in Glasgow, where he produced two outstanding performances to become the first Jersey swimmer to win Commonwealth Games gold.

For Keiron, Glasgow represented another significant achievement in his coaching career. His role in supporting Jersey's swimmers on the international stage, alongside Filip's historic medal-winning performances, highlighted the impact of his coaching and the continued development of Jersey swimming.

OLD MILLFIELDIAN SOCIETY

October Newsletter - Paris Olympics Edition

School News



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