

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson

Show Long Course Only

Time	P/F/S	Event			
Holly-Jane Callen (12) F					
1:46.16 L	F	100 Breast	31/07/2017	Welsh Summer Development Meet 2017	
Megan Cole (12) F					
46.37 L	F	50 Free	24/10/2015	Neath ASC Open Meet	
53.10 L S	F	50 Back	24/10/2015	Neath ASC Open Meet	
53.95 L	F	50 Breast	24/10/2015	Neath ASC Open Meet	
1:00.24 L	F	50 Fly	24/10/2015	Neath ASC Open Meet	
4:12.95 L S	F	200 IM	24/10/2015	Neath ASC Open Meet	
Rhys Davies (16) M					
27.07 L	P	50 Free	01/12/2017	Swim Wales Winter Championships 2017	
58.89 L	P	100 Free	01/12/2017	Swim Wales Winter Championships 2017	
2:08.02 L	F	200 Free	14/01/2018	Co Derby Level 1 Long Course 2	
4:37.82 L	F	400 Free	08/04/2016	City of Bristol Level 1 April 2016	
19:05.69 L	F	1500 Free	23/07/2015	Welsh Summer Nationals 2015	
30.45 L	F	50 Back	14/01/2018	Co Derby Level 1 Long Course 2	
1:04.28 L	F	100 Back	01/12/2017	Swim Wales Winter Championships 2017	
2:15.60 L	F	200 Back	01/12/2017	Swim Wales Winter Championships 2017	
38.53 L	P	50 Breast	03/04/2015	Swim Wales Long Course Championships 2015	
1:21.11 L	F	100 Breast	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
2:58.39 L	P	200 Breast	23/07/2015	Welsh Summer Nationals 2015	
29.31 L	F	50 Fly	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
1:08.12 L	F	100 Fly	14/01/2018	Co Derby Level 1 Long Course 2	
2:31.55 L	P	200 Fly	01/08/2016	Welsh Summer Development Meet 2016	
2:31.55 L	P	200 Fly	01/08/2016	Welsh Summer Open Meet 2016	
2:27.21 L	P	200 IM	01/12/2017	Swim Wales Winter Championships 2017	
5:04.81 L	F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	
Arron Fitzsimmons (13) M					
29.84 L	F	50 Free	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
1:06.27 L	F	100 Free	15/09/2017	Swim Wales Legends Meet 2017	
2:28.25 L	F	200 Free	15/09/2017	Swim Wales Legends Meet 2017	
5:09.62 L	F	400 Free	15/09/2017	Swim Wales Legends Meet 2017	
34.27 L	F	50 Back	21/10/2017	Neath ASC Open Meet	
1:12.74 L	F	100 Back	21/10/2017	Neath ASC Open Meet	
2:38.56 L	F	200 Back	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
38.29 L	P	50 Breast	01/12/2017	Swim Wales Winter Championships 2017	
1:23.93 L S	F	100 Breast	21/10/2017	Neath ASC Open Meet	
3:07.47 L	F	200 Breast	21/10/2017	Neath ASC Open Meet	
33.48 L	F	50 Fly	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
1:15.59 L	F	100 Fly	15/09/2017	Swim Wales Legends Meet 2017	
2:54.89 L	F	200 Fly	15/09/2017	Swim Wales Legends Meet 2017	
2:41.93 L	F	200 IM	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
5:55.23 L	F	400 IM	15/09/2017	Swim Wales Legends Meet 2017	
Hannah Greenwood (13) F					
1:19.05 L	F	100 Free	22/10/2016	Neath ASC Open Meet	
1:29.63 L S	F	100 Back	22/10/2016	Neath ASC Open Meet	
3:06.95 L	F	200 Back	22/10/2016	Neath ASC Open Meet	
2:03.29 L	F	100 Breast	09/01/2016	Swim Wales New Year Pentathlon	
40.43 L	F	50 Fly	22/10/2016	Neath ASC Open Meet	
1:54.72 L	F	100 Fly	09/01/2016	Swim Wales New Year Pentathlon	
3:17.95 L S	F	200 IM	22/10/2016	Neath ASC Open Meet	
Tomas Griffiths (15) M					
37.01 L	F	50 Free	19/09/2014	Swim Wales Legends Meet 2014	
50.22 L S	F	50 Breast	19/09/2014	Swim Wales Legends Meet 2014	
1:44.79 L	F	100 Breast	19/09/2014	Swim Wales Legends Meet 2014	
51.33 L	F	50 Fly	19/09/2014	Swim Wales Legends Meet 2014	
Benjamin Hillary (12) M					
1:32.28 L	F	100 Free	09/01/2016	Swim Wales New Year Pentathlon	
3:06.23 L	F	200 Free	16/09/2016	Swim Wales Legends Meet 2016	
1:42.24 L	F	100 Back	09/01/2016	Swim Wales New Year Pentathlon	
2:04.45 L	F	100 Breast	09/01/2016	Swim Wales New Year Pentathlon	

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Time	P/F/S	Event			
Benjamin Hillary (12) M					
3:36.88 L	F	200 IM	16/09/2016	Swim Wales Legends Meet 2016	
Bethan Jones (14) F					
29.95 L	P	50 Free	14/04/2017	Swim Wales Long Course Championships 2017	
1:07.69 L	F	100 Free	14/01/2018	Co Derby Level 1 Long Course 2	
2:22.40 L	F	200 Free	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
4:57.62 L	F	400 Free	01/12/2017	Swim Wales Winter Championships 2017	
34.20 L	F	50 Back	12/05/2017	Swim Swansea Long Course 2017	
1:14.67 L	F	100 Back	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
2:48.04 L	F	200 Back	08/04/2016	City of Bristol Level 1 April 2016	
36.96 L	P	50 Breast	14/04/2017	Swim Wales Long Course Championships 2017	
1:31.40 L	F	100 Breast	08/04/2016	City of Bristol Level 1 April 2016	
3:13.33 L	P	200 Breast	23/07/2015	Welsh Summer Nationals 2015	
30.78 L	F	50 Fly	14/04/2017	Swim Wales Long Course Championships 2017	
1:10.20 L	P	100 Fly	12/05/2017	Swim Swansea Long Course 2017	
2:36.04 L	F	200 Fly	12/05/2017	Swim Swansea Long Course 2017	
31.44 L	F	50 IM	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
2:33.23 L	F	200 IM	17/02/2018	Team Bath AS Grand Prix 2018	
5:28.87 L	F	400 IM	14/04/2017	Swim Wales Long Course Championships 2017	
Jayden KEANE (12) M					
37.88 L	F	50 Free	11/03/2016	Tiger Bay Open Meet 2016	
1:24.91 L	F	100 Free	09/01/2016	Swim Wales New Year Pentathlon	
1:34.74 L	F	100 Back	09/01/2016	Swim Wales New Year Pentathlon	
3:11.89 L	F	200 Back	11/03/2016	Tiger Bay Open Meet 2016	
1:50.40 L S	F	100 Breast	11/03/2016	Tiger Bay Open Meet 2016	
3:43.81 L	F	200 Breast	11/03/2016	Tiger Bay Open Meet 2016	
37.95 L	F	50 Fly	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
1:56.08 L	F	100 Fly	09/01/2016	Swim Wales New Year Pentathlon	
3:14.82 L S	F	200 IM	11/03/2016	Tiger Bay Open Meet 2016	
6:21.49 L	F	400 IM	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
Lewys Kettle (14) M					
33.44 L	F	50 Free	15/09/2017	Swim Wales Legends Meet 2017	
1:24.60 L	F	100 Free	09/01/2016	Swim Wales New Year Pentathlon	
3:03.28 L	F	200 Free	18/09/2015	Swim Wales Legends Meet 2015	
6:37.08 L	F	400 Free	09/01/2015	British Gas Swim Wales New Year Meet	
x46.49 L	F	50 Back	09/01/2015	British Gas Swim Wales New Year Meet	
1:38.63 L	F	100 Back	09/01/2016	Swim Wales New Year Pentathlon	
3:29.69 L	F	200 Back	18/09/2015	Swim Wales Legends Meet 2015	
48.11 L	P	50 Breast	23/07/2015	Welsh Summer Nationals 2015	
1:30.48 L	F	100 Breast	15/09/2017	Swim Wales Legends Meet 2017	
3:12.26 L	F	200 Breast	15/09/2017	Swim Wales Legends Meet 2017	
40.94 L	F	50 Fly	15/09/2017	Swim Wales Legends Meet 2017	
1:45.40 L	F	100 Fly	09/01/2016	Swim Wales New Year Pentathlon	
3:01.83 L	F	200 IM	15/09/2017	Swim Wales Legends Meet 2017	
Rowan Kettle (17) M					
32.76 L	F	50 Free	10/01/2014	British Gas Swim Wales New Year Meet	
1:05.27 L	F	100 Free	18/09/2015	Swim Wales Legends Meet 2015	
2:23.26 L	F	200 Free	18/09/2015	Swim Wales Legends Meet 2015	
5:02.72 L	F	400 Free	18/09/2015	Swim Wales Legends Meet 2015	
x20:17.80 L	F	1500 Free	09/01/2015	British Gas Swim Wales New Year Meet	
37.98 L	F	50 Back	12/07/2014	Cardiff Bay Sprint Meet 2014	
1:16.45 L	F	100 Back	18/09/2015	Swim Wales Legends Meet 2015	
2:44.07 L	F	200 Back	18/09/2015	Swim Wales Legends Meet 2015	
42.38 L S	F	50 Breast	19/09/2014	Swim Wales Legends Meet 2014	
1:25.48 L	F	100 Breast	18/09/2015	Swim Wales Legends Meet 2015	
3:13.49 L	F	200 Breast	09/01/2015	British Gas Swim Wales New Year Meet	
35.66 L	F	50 Fly	12/07/2014	Cardiff Bay Sprint Meet 2014	
x1:19.37 L	F	100 Fly	09/01/2015	British Gas Swim Wales New Year Meet	
2:58.58 L	F	200 Fly	18/09/2015	Swim Wales Legends Meet 2015	
2:41.85 L	F	200 IM	18/09/2015	Swim Wales Legends Meet 2015	
6:08.37 L	F	400 IM	19/09/2014	Swim Wales Legends Meet 2014	

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Time	P/F/S	Event			
Caera Lewis (12) F					
33.51 L	F	50 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
1:14.88 L	P	100 Free	12/05/2017	Swim Swansea Long Course 2017	
2:42.19 L	F	200 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
5:49.56 L	F	400 Free	15/09/2017	Swim Wales Legends Meet 2017	
39.28 L	P	50 Back	01/12/2017	Swim Wales Winter Championships 2017	
1:25.14 L	F	100 Back	31/07/2017	Welsh Summer Development Meet 2017	
2:59.95 L	F	200 Back	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
41.46 L	F	50 Breast	14/04/2017	Swim Wales Long Course Championships 2017	
1:32.90 L	P	100 Breast	14/04/2017	Swim Wales Long Course Championships 2017	
3:15.77 L	P	200 Breast	01/12/2017	Swim Wales Winter Championships 2017	
38.25 L	P	50 Fly	14/04/2017	Swim Wales Long Course Championships 2017	
1:25.65 L	F	100 Fly	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
2:54.82 L	F	200 IM	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
6:32.46 L	F	400 IM	15/09/2017	Swim Wales Legends Meet 2017	
Edward Lister (11) M					
1:41.60 L	F	100 Fly	31/07/2017	Welsh Summer Development Meet 2017	
Rosie Llewellyn (15) F					
31.33 L L	F	50 Free	23/07/2015	Welsh Summer Nationals 2015	
1:06.30 L	F	100 Free	14/01/2018	Co Derby Level 1 Long Course 2	
2:22.72 L	F	200 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
4:55.74 L	F	400 Free	27/05/2016	Plymouth Leander Level 1 Meet	
10:23.76 L	F	800 Free	08/04/2016	City of Bristol Level 1 April 2016	
40.07 L	F	50 Back	16/05/2014	Swim Swansea Long Course 2014	
1:25.93 L	P	100 Back	02/08/2014	Welsh Summer Nationals 2014	
36.92 L	F	50 Breast	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
1:21.72 L	F	100 Breast	01/08/2016	Welsh Summer Development Meet 2016	
2:54.77 L	F	200 Breast	12/05/2017	Swim Swansea Long Course 2017	
34.61 L	P	50 Fly	25/03/2016	Swim Wales Long Course Championships 2016	
1:16.72 L	F	100 Fly	22/05/2015	Plymouth Leander Level 1 Meet	
2:50.11 L	F	200 Fly	23/07/2015	Welsh Summer Nationals 2015	
2:40.39 L	P	200 IM	14/04/2017	Swim Wales Long Course Championships 2017	
5:45.34 L	F	400 IM	14/04/2017	Swim Wales Long Course Championships 2017	
Lauren Omnet (14) F					
32.64 L	F	50 Free	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
1:10.41 L	F	100 Free	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
2:30.25 L	F	200 Free	12/05/2017	Swim Swansea Long Course 2017	
5:11.47 L	F	400 Free	12/05/2017	Swim Swansea Long Course 2017	
11:33.31 L	F	800 Free	13/05/2016	Swim Swansea Long Course 2016	
1:21.14 L	F	100 Back	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
2:45.36 L	F	200 Back	14/01/2018	Co Derby Level 1 Long Course 2	
38.60 L	F	50 Breast	14/01/2018	Co Derby Level 1 Long Course 2	
1:22.47 L	F	100 Breast	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
2:53.18 L	F	200 Breast	14/01/2018	Co Derby Level 1 Long Course 2	
36.87 L	F	50 Fly	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
1:22.18 L	F	100 Fly	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
2:42.64 L	P	200 IM	01/12/2017	Swim Wales Winter Championships 2017	
5:40.45 L	F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	
Charlie Shiels (13) M					
31.23 L	P	50 Free	25/03/2016	Swim Wales Long Course Championships 2016	
1:09.29 L	P	100 Free	25/03/2016	Swim Wales Long Course Championships 2016	
2:31.88 L	F	200 Free	12/05/2017	Swim Swansea Long Course 2017	
6:08.95 L	F	400 Free	24/10/2015	Neath ASC Open Meet	
35.04 L	F	50 Back	25/03/2016	Swim Wales Long Course Championships 2016	
1:17.34 L	F	100 Back	27/05/2016	Plymouth Leander Level 1 Meet	
2:45.44 L	F	200 Back	12/05/2017	Swim Swansea Long Course 2017	
39.38 L	F	50 Breast	25/03/2016	Swim Wales Long Course Championships 2016	
1:23.44 L	P	100 Breast	12/05/2017	Swim Swansea Long Course 2017	
3:01.67 L	F	200 Breast	12/05/2017	Swim Swansea Long Course 2017	
35.65 L	P	50 Fly	25/03/2016	Swim Wales Long Course Championships 2016	
1:30.44 L	F	100 Fly	24/10/2015	Neath ASC Open Meet	

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Time	P/F/S	Event			
Charlie Shiels (13) M					
2:44.15 L	P	200 IM	12/05/2017	Swim Swansea Long Course 2017	
5:54.29 L	F	400 IM	12/05/2017	Swim Swansea Long Course 2017	
Maggie Sturley (11) F					
38.87 L	F	50 Free	21/10/2017	Neath ASC Open Meet	
1:27.25 L	F	100 Free	21/10/2017	Neath ASC Open Meet	
47.41 L S	F	50 Back	21/10/2017	Neath ASC Open Meet	
54.57 L	F	50 Breast	21/10/2017	Neath ASC Open Meet	
52.84 L	F	50 Fly	21/10/2017	Neath ASC Open Meet	
3:47.52 L S	F	200 IM	21/10/2017	Neath ASC Open Meet	
Toby Sturley (14) M					
29.22 L	F	50 Free	14/01/2018	Co Derby Level 1 Long Course 2	
1:02.65 L	F	100 Free	14/01/2018	Co Derby Level 1 Long Course 2	
2:18.72 L	F	200 Free	14/01/2018	Co Derby Level 1 Long Course 2	
5:17.79 L	F	400 Free	01/08/2016	Welsh Summer Development Meet 2016	
33.20 L	F	50 Back	14/01/2018	Co Derby Level 1 Long Course 2	
1:14.16 L	F	100 Back	21/10/2017	Neath ASC Open Meet	
2:33.15 L	F	200 Back	14/01/2018	Co Derby Level 1 Long Course 2	
42.39 L	P	50 Breast	01/08/2016	Welsh Summer Development Meet 2016	
1:23.13 L	P	100 Breast	01/12/2017	Swim Wales Winter Championships 2017	
2:58.31 L	P	200 Breast	01/12/2017	Swim Wales Winter Championships 2017	
33.09 L	P	50 Fly	14/04/2017	Swim Wales Long Course Championships 2017	
1:11.68 L	P	100 Fly	01/12/2017	Swim Wales Winter Championships 2017	
2:34.05 L	P	200 IM	14/01/2018	Co Derby Level 1 Long Course 2	
5:27.74 L	F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	
Abigail Thomas (11) F					
38.98 L	F	50 Free	21/10/2017	Neath ASC Open Meet	
1:20.77 L	F	100 Free	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
3:01.81 L	F	200 Free	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
6:49.75 L	F	400 Free	15/09/2017	Swim Wales Legends Meet 2017	
47.27 L S	F	50 Back	21/10/2017	Neath ASC Open Meet	
50.53 L	F	50 Breast	21/10/2017	Neath ASC Open Meet	
1:57.66 L	F	100 Breast	31/07/2017	Welsh Summer Development Meet 2017	
43.66 L	F	50 Fly	21/10/2017	Neath ASC Open Meet	
3:23.76 L	F	200 IM	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
Daniel Thomas (20) M					
27.03 L	F	50 Free	22/05/2015	Plymouth Leander Level 1 Meet	
59.65 L	P	100 Free	16/05/2014	Swim Swansea Long Course 2014	
2:09.61 L	F	200 Free	10/01/2014	British Gas Swim Wales New Year Meet	
4:32.27 L	F	400 Free	27/07/2013	Welsh Summer Nats13 - WELSH Reg Swimmers	
9:19.88 L S	F	800 Free	17/05/2013	Swim Swansea Long Course 2013	
17:35.54 L	F	1500 Free	17/05/2013	Swim Swansea Long Course 2013	
30.14 L	F	50 Back	03/04/2015	Swim Wales Long Course Championships 2015	
1:03.89 L	F	100 Back	25/03/2016	Swim Wales Long Course Championships 2016	
2:17.17 L	F	200 Back	25/03/2016	Swim Wales Long Course Championships 2016	
36.81 L S	P	50 Breast	06/04/2012	Welsh Age Group & Youth Championship	
36.81 L S	P	50 Breast	18/06/2012	Best Times LCM	
1:18.57 L S	F	100 Breast	18/06/2012	Best Times LCM	
1:18.57 L	F	100 Breast	06/04/2012	Welsh Age Group & Youth Championship	
2:59.98 L	P	200 Breast	03/08/2010	Welsh Summer Nationals	
2:59.98 L S	P	200 Breast	18/06/2012	Best Times LCM	
27.27 L	F	50 Fly	14/04/2017	Swim Wales Long Course Championships 2017	
1:01.31 L	P	100 Fly	23/07/2015	Welsh Summer Nationals 2015	
2:15.77 L	F	200 Fly	18/04/2014	Welsh Age Group & Youth Championships 2014	
2:22.46 L	F	200 IM	14/12/2012	British Gas Swim Wales Winter Open Champs	
5:01.93 L	F	400 IM	21/07/2012	Welsh Summer Nats12 - WELSH Reg Swimmers	
Charlotte Whalley (14) F					
21.90 L	F	25 Free	25/06/2004	2004 Long Course Open Meet	
28.30 L	F	50 Free	14/04/2017	Swim Wales Long Course Championships 2017	
1:01.58 L	F	100 Free	18/11/2017	Swansea Aquatics Autumn Long Course 2017	
2:17.07 L	P	200 Free	01/12/2017	Swim Wales Winter Championships 2017	

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Time	P/F/S	Event			
Charlotte Whalley (14) F					
4:56.39 L	F	400 Free	12/05/2017	Swim Swansea Long Course 2017	
24.96 L	F	25 Back	25/06/2004	2004 Long Course Open Meet	
31.58 L	F	50 Back	01/12/2017	Swim Wales Winter Championships 2017	
1:07.49 L	P	100 Back	01/12/2017	Swim Wales Winter Championships 2017	
2:27.61 L	P	200 Back	01/12/2017	Swim Wales Winter Championships 2017	
28.29 L	F	25 Breast	25/06/2004	2004 Long Course Open Meet	
37.53 L	F	50 Breast	08/04/2016	City of Bristol Level 1 April 2016	
1:22.80 L	F	100 Breast	14/01/2018	Co Derby Level 1 Long Course 2	
3:00.29 L	F	200 Breast	17/02/2018	Team Bath AS Grand Prix 2018	
23.99 L	F	25 Fly	25/06/2004	2004 Long Course Open Meet	
32.54 L	F	50 Fly	25/03/2016	Swim Wales Long Course Championships 2016	
1:14.94 L	F	100 Fly	08/04/2016	City of Bristol Level 1 April 2016	
3:03.69 L	F	200 Fly	31/01/2016	Burns Open Meet 2016	
2:02.20 L	F	100 IM	25/06/2004	2004 Long Course Open Meet	
2:34.80 L	P	200 IM	14/01/2018	Co Derby Level 1 Long Course 2	
5:41.93 L	F	400 IM	25/03/2016	Swim Wales Long Course Championships 2016	
Tayla Wilson (14) F					
33.23 L	P	50 Free	27/05/2016	Plymouth Leander Level 1 Meet	
1:11.04 L	F	100 Free	21/10/2017	Neath ASC Open Meet	
2:31.60 L	F	200 Free	24/02/2018	Swansea Aquatics Spring Long Course 2018	
5:58.29 L	F	400 Free	24/10/2015	Neath ASC Open Meet	
38.52 L	P	50 Back	01/08/2016	Welsh Summer Development Meet 2016	
1:17.73 L	F	100 Back	24/02/2018	Swansea Aquatics Spring Long Course 2018	
2:43.50 L	F	200 Back	24/02/2018	Swansea Aquatics Spring Long Course 2018	
46.72 L	F	50 Breast	24/10/2015	Neath ASC Open Meet	
1:31.80 L	F	100 Breast	21/10/2017	Neath ASC Open Meet	
3:08.71 L	F	200 Breast	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
35.06 L	F	50 Fly	24/02/2018	Swansea Aquatics Spring Long Course 2018	
1:26.10 L	F	100 Fly	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
2:50.01 L	F	200 IM	21/10/2017	Neath ASC Open Meet	
6:08.69 L	F	400 IM	06/01/2018	RCT Level 3 New Year Open Meet 2018	