

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson Show Short Course Only

Time	P/F/S	Event			
Keira Bruce (8) F					
49.64 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
Skye Bruce (9) F					
45.31 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:14.15 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
2:37.17 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
Lily Busby (11) F					
19.34 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
37.04 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:22.37 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
3:14.07 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
20.35 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
39.36 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:25.01 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
24.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.19 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:53.88 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
22.88 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
45.94 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:35.12 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:28.60 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Holly-Jane Callen (12) F					
36.52 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:13.68 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:44.42 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
6:08.27 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
47.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:40.23 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
40.82 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
1:26.54 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:09.26 S	F	200 Breast	27/10/2018	Pembrokeshire County Championships 2018	
47.55 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:44.04 S	F	100 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:34.28 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:57.79 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Leah Carroll (12) F					
37.87 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:18.87 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:56.36 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
5:57.21 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
42.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:29.62 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
3:06.85 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
51.07 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:50.34 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
47.89 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.70 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:36.72 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:18.73 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Megan Cole (13) F					
20.07 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
35.07 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:19.32 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:52.28 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:26.30 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
24.67 S	F	25 Back	12/12/2014	Pembroke & District 40th Annual Championships	
42.88 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:33.82 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
26.81 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
45.90 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Megan Cole (13) F					
1:36.52 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
3:40.09 S	F	200 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
24.13 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
39.14 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:30.69 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:30.21 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:12.85 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
7:03.34 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Shanai Colley (12) F					
1:00.71 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:26.69 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:14.72 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
Rhys Davies (17) M					
29.46 S	P	50 Free	30/01/2015	West Wales Regionals 2015	
57.13 S	P	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:03.55 S	P	200 Free	02/12/2016	Swim Wales Short Course Championships 2016	
4:27.57 S	F	400 Free	02/12/2016	Swim Wales Short Course Championships 2016	
17:42.13 S	F	1500 Free	02/12/2016	Swim Wales Short Course Championships 2016	
29.89 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:01.98 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:13.99 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
35.31 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:19.02 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:40.64 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
30.27 S	F	50 Fly	30/04/2016	13th Spring Meet 2016 2 WL161023	
1:05.67 S	P	100 Fly	02/02/2018	West Wales Regionals 2018	
2:26.01 S	F	200 Fly	30/04/2016	13th Spring Meet 2016 2 WL161023	
1:07.81 S	F	100 IM	30/04/2016	13th Spring Meet 2016 2 WL161023	
2:20.72 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
4:50.99 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Nyah Elliott (11) F					
59.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.50 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.63 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
Aria Evans (10) F					
21.94 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:46.31 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:49.63 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
23.19 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:05.32 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:03.37 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
28.39 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:11.50 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:24.76 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:12.69 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:19.27 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ben Evans (11) M					
45.42 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:13.74 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
9:56.75 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
1:00.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:20.51 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
4:34.23 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:10.53 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
Marilla Evans (11) F					
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
36.87 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.78 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:58.41 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Marilla Evans (11) F					
21.13 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
44.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
23.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.87 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:38.15 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
18.81 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
41.41 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:45.78 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:35.62 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:21.90 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Niamh Evans (11) F					
29.62 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
47.46 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:00.27 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:11.05 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
8:22.62 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
1:02.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.91 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:13.85 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:01.37 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.42 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:47.71 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:12.95 S	F	100 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:48.17 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Arron Fitzsimmons (13) M					
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge	
29.32 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:01.96 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:18.94 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:52.96 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
19:13.38 S	F	1500 Free	02/02/2018	West Wales Regionals 2018	
20.12 S	F	25 Back	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
32.90 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:08.60 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:29.84 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
22.15 S	F	25 Breast	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
36.05 S	F	50 Breast	02/02/2018	West Wales Regionals 2018	
1:19.83 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:00.91 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
21.85 S	F	25 Fly	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
33.04 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:13.11 S	F	100 Fly	02/02/2018	West Wales Regionals 2018	
3:36.93 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:12.70 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
2:35.05 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
5:32.08 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Hannah Greenwood (14) F					
21.83 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
31.52 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:06.72 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:27.04 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
5:31.86 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
11:20.41 S	F	800 Free	24/11/2017	West Wales Sub Regional Competition 2017	
20.82 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
34.77 S	F	50 Back	02/02/2018	West Wales Regionals 2018	
1:11.89 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:36.78 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
46.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:37.01 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
37.48 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Hannah Greenwood (14) F					
1:27.35	S	F	100	Fly	14/10/2017 Pembroke & District Summer Long Distance 2015
1:20.98	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
2:49.46	S	F	200	IM	14/10/2017 Pembroke & District Summer Long Distance 2015
8:03.25	S	F	400	IM	26/07/2015 Pembroke & District Summer Long Distance 2015
Cerys Griffiths (8) F					
22.56	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
46.20	S	F	50	Free	27/10/2018 Pembroke & District 43rd Annual Championships
4:01.63	S	F	200	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
26.47	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
59.81	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
35.80	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:09.47	S	F	50	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
30.28	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
2:15.31	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
Tomas Griffiths (16) M					
22.46	S	F	25	Free	24/10/2009 Pembroke & District 43rd Annual Championships
33.40	S	P	50	Free	29/01/2016 West Wales Regionals 2016
1:13.61	S	F	100	Free	24/09/2016 Pembroke & District 42nd Annual Championships
2:32.10	S	F	200	Free	09/12/2016 Pembroke & District 42nd Annual Championships
5:47.30	S	F	400	Free	27/11/2015 West Wales Sub Regional Competition 2015
21:14.47	S	F	1500	Free	25/11/2016 West Wales Sub Regional Competition 2016
1:29.75	S	F	100	Back	24/05/2015 Amman Valley Open Meet 2015
3:22.10	S	F	200	Back	11/10/2014 Pembroke & District 43rd Annual Championships
43.92	S	P	50	Breast	29/01/2016 West Wales Regionals 2016
1:36.01	S	P	100	Breast	29/01/2016 West Wales Regionals 2016
3:31.31	S	F	200	Breast	29/11/2014 West Wales Sub Regional Competition 2014
50.95	S S	F	50	Fly	29/11/2014 West Wales Sub Regional Competition 2014
1:56.04	S	F	100	Fly	12/12/2014 Pembroke & District 40th Annual Championships
1:36.71	S	F	100	IM	12/12/2014 Pembroke & District 40th Annual Championships
3:11.94	S	F	200	IM	24/05/2015 Amman Valley Open Meet 2015
James Harris (10) M					
48.34	S	F	50	Free	27/10/2018 Pembroke & District 43rd Annual Championships
Toby Harris (8) M					
51.72	S	F	50	Free	27/10/2018 Pembroke & District 43rd Annual Championships
Abigail Hillary (10) F					
18.72	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
38.32	S	F	50	Free	27/10/2018 Pembroke & District 43rd Annual Championships
1:26.09	S	F	100	Free	27/10/2018 Pembroke & District 43rd Annual Championships
3:09.71	S	F	200	Free	27/10/2018 Pembroke & District 43rd Annual Championships
26.10	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
46.50	S	F	50	Back	27/10/2018 Pembroke & District 43rd Annual Championships
1:41.78	S	F	100	Back	27/10/2018 Pembroke & District 43rd Annual Championships
23.51	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
53.50	S	F	50	Breast	10/03/2018 Llanelli ASC - Open Meet 2018
1:55.25	S	F	100	Breast	27/10/2018 Pembroke & District 43rd Annual Championships
4:15.62	S	F	200	Breast	27/10/2018 Pembroke & District 43rd Annual Championships
30.00	S	F	25	Fly	09/12/2016 Pembroke & District 42nd Annual Championships
1:02.75	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:42.21	S	F	100	IM	27/10/2018 Pembroke & District 43rd Annual Championships
Benjamin Hillary (12) M					
17.22	S	F	25	Free	17/12/2017 RAOB Pembroke & District 43rd Annual Championships
30.85	S	F	50	Free	27/10/2018 Pembroke & District 43rd Annual Championships
1:07.66	S	F	100	Free	27/10/2018 Pembroke & District 43rd Annual Championships
2:46.97	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
5:56.13	S	F	400	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
20.95	S	F	25	Back	17/12/2017 RAOB Pembroke & District 43rd Annual Championships
34.16	S	F	50	Back	27/10/2018 Pembroke & District 43rd Annual Championships
1:19.55	S	F	100	Back	27/10/2018 Pembroke & District 43rd Annual Championships
3:09.18	S	F	200	Back	03/02/2017 West Wales Regionals 2017
42.83	S	F	50	Breast	27/10/2018 Pembroke & District 43rd Annual Championships

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Benjamin Hillary (12) M					
1:37.06	S	F	100	Breast	27/10/2018 Pembrookeshire County Championships 2018
4:06.99	S	F	200	Breast	20/03/2016 West Wales Region 'No Time' Gala 2016
35.00	S	F	50	Fly	27/10/2018 Pembrookeshire County Championships 2018
1:24.14	S	F	100	Fly	08/04/2018 West Wales Region 'No Time' Gala 2018
1:21.29	S	F	100	IM	27/10/2018 Pembrookeshire County Championships 2018
2:55.94	S	F	200	IM	02/02/2018 West Wales Regionals 2018
6:29.66	S	F	400	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Amelie Hounsell (9) F					
20.56	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
42.60	S	F	50	Free	27/10/2018 Pembrookeshire County Championships 2018
3:55.08	S	F	200	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
23.06	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
50.43	S	F	50	Back	27/10/2018 Pembrookeshire County Championships 2018
4:25.68	S	F	200	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Lena Hughes (14) F					
36.41	S	F	50	Free	05/06/2016 Amman Valley Open Meet 2016
1:15.26	S	F	100	Free	24/11/2017 West Wales Sub Regional Competition 2017
2:47.40	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
6:04.34	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
23.76	S	F	25	Back	03/05/2014 Dyfed Junior Challenge
37.03	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:22.96	S	F	100	Back	14/10/2017 Pembrookeshire County Championships 2017
3:41.15	S	F	200	Back	27/11/2015 West Wales Sub Regional Competition 2015
42.88	S	F	50	Breast	24/11/2017 West Wales Sub Regional Competition 2017
1:35.29	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
3:25.83	S	F	200	Breast	14/10/2017 Pembrookeshire County Championships 2017
39.59	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:32.03	S	F	100	Fly	14/10/2017 Pembrookeshire County Championships 2017
3:58.90	S	F	200	Fly	20/03/2016 West Wales Region 'No Time' Gala 2016
1:26.31	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:07.82	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
6:37.02	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Maddy James (11) F					
50.88	S	F	50	Free	09/12/2016 Pembroke & District 42nd Annual Championships
58.00	S	F	50	Back	09/12/2016 Pembroke & District 42nd Annual Championships
1:55.15	S	F	100	IM	14/10/2017 Pembrookeshire County Championships 2017
Cai Johnson (11) M					
26.80	S	F	25	Free	17/12/2017 RAOB Pembrookeshire Junior Team Gala 2017
48.05	S	F	50	Free	27/10/2018 Pembrookeshire County Championships 2018
1:52.38	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:36.51	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
47.94	S	F	50	Back	27/10/2018 Pembrookeshire County Championships 2018
2:06.48	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
1:00.88	S	F	50	Breast	27/10/2018 Pembrookeshire County Championships 2018
2:21.89	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
36.95	S	F	25	Fly	09/12/2016 Pembroke & District 42nd Annual Championships
1:03.91	S	F	50	Fly	27/10/2018 Pembrookeshire County Championships 2018
4:47.81	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Bethan Jones (15) F					
19.34	S	F	25	Free	11/11/2011 Milford Tigers Club Championships
29.29	S	F	50	Free	03/02/2017 West Wales Regionals 2017
1:02.63	S	P	100	Free	02/12/2016 Swim Wales Short Course Championships 2016
2:16.46	S	F	200	Free	14/10/2017 Pembrookeshire County Championships 2017
4:48.52	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
9:46.99	S	F	800	Free	24/11/2017 West Wales Sub Regional Competition 2017
24.84	S	F	25	Back	11/11/2011 Milford Tigers Club Championships
32.41	S	F	50	Back	03/02/2017 West Wales Regionals 2017
1:10.35	S	F	100	Back	03/02/2017 West Wales Regionals 2017
2:31.57	S	F	200	Back	24/11/2017 West Wales Sub Regional Competition 2017
22.85	S	F	25	Breast	01/06/2013 Dyfed Junior Challenge

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Bethan Jones (15) F					
36.50	S	F	50	Breast	03/02/2017 West Wales Regionals 2017
1:19.77	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
2:58.62	S	F	200	Breast	29/01/2016 West Wales Regionals 2016
15.37	S	F	25	Fly	06/06/2015 Dyfed Junior Challenge
30.04	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:07.46	S	P	100	Fly	02/12/2016 Swim Wales Short Course Championships 2016
2:27.19	S	F	200	Fly	22/11/2016 Stockport Metro November Meet
1:11.60	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:31.61	S	P	200	IM	22/11/2016 Stockport Metro November Meet
5:20.79	S	F	400	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Cai Jones (12) M					
1:57.14	S	F	100	Free	14/10/2017 Pembrokeshire County Championships 2017
4:01.27	S	F	200	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
8:51.72	S	F	400	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
1:52.44	S	F	100	Back	27/10/2018 Pembrokeshire County Championships 2018
2:00.42	S	F	100	Breast	27/10/2018 Pembrokeshire County Championships 2018
4:39.00	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Molly Jones (13) F					
44.22	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
1:38.46	S	F	100	Free	24/11/2017 West Wales Sub Regional Competition 2017
4:05.89	S	F	200	Free	25/11/2016 West Wales Sub Regional Competition 2016
50.84	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:50.78	S	F	100	Back	17/06/2017 West Wales Region - Junior Dev. Meet 2017
47.44	S	F	50	Breast	24/11/2017 West Wales Sub Regional Competition 2017
1:41.92	S	F	100	Breast	27/10/2018 Pembrokeshire County Championships 2018
3:53.21	S	F	200	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
1:53.41	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:38.52	S	F	200	IM	27/10/2018 Pembrokeshire County Championships 2018
Callum Keane (8) M					
39.25	S	F	50	Free	27/10/2018 Pembrokeshire County Championships 2018
1:44.65	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
3:37.12	S	F	200	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
23.20	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
45.26	S	F	50	Back	27/10/2018 Pembrokeshire County Championships 2018
1:55.24	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
27.86	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
56.50	S	F	50	Breast	27/10/2018 Pembrokeshire County Championships 2018
2:11.55	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
25.60	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
55.21	S	F	50	Fly	27/10/2018 Pembrokeshire County Championships 2018
2:07.72	S	F	100	IM	14/10/2017 Pembrokeshire County Championships 2017
3:49.67	S	F	200	IM	27/10/2018 Pembrokeshire County Championships 2018
Jayden Keane (13) M					
24.65	S	F	25	Free	09/07/2012 Tenby Dolphins Club Championships 2012
31.44	S	F	50	Free	02/02/2018 West Wales Regionals 2018
1:04.88	S	F	100	Free	27/10/2018 Pembrokeshire County Championships 2018
2:22.87	S	F	200	Free	27/10/2018 Pembrokeshire County Championships 2018
5:02.00	S	F	400	Free	27/10/2018 Pembrokeshire County Championships 2018
20:17.33	S	F	1500	Free	24/11/2017 West Wales Sub Regional Competition 2017
25.91	S	F	25	Back	02/11/2013 Neath ASC Open Meet 2013
37.36	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:20.31	S	F	100	Back	15/12/2017 Pembroke & District 43rd Annual Championships
3:44.78	S	F	200	Back	11/10/2014 Pembrokeshire County Championships 2014
24.39	S	F	25	Breast	06/06/2015 Dyfed Junior Challenge
45.67	S	F	50	Breast	07/05/2017 Amman Valley Open Meet 2017
1:34.47	S	F	100	Breast	24/11/2017 West Wales Sub Regional Competition 2017
3:40.17	S	F	200	Breast	24/09/2016 Pembrokeshire County Championships 2016
23.03	S	F	25	Fly	03/05/2014 Dyfed Junior Challenge
35.65	S	P	50	Fly	02/02/2018 West Wales Regionals 2018
1:25.46	S	F	100	Fly	15/12/2017 Pembroke & District 43rd Annual Championships

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jayden Keane (13) M					
1:22.33 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:43.38 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
5:57.79 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Carys Kenniford (11) F					
48.44 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
Lewys Kettle (15) M					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
38.28 S	F	50 Free	12/12/2014	Pembroke & District 40th Annual Championships	
1:12.51 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:27.08 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
5:35.89 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
21:18.88 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.77 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
46.07 S L	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015	
1:21.13 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
2:50.52 S	F	200 Back	24/11/2017	West Wales Sub Regional Competition 2017	
21.06 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
46.39 S	F	50 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
1:23.56 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:01.74 S	F	200 Breast	27/10/2018	Pembrokeshire County Championships 2018	
21.88 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
53.86 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:28.37 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:36.49 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:24.51 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:46.27 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rowan Kettle (18) M					
21.64 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
26.83 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
56.82 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:11.38 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:43.04 S	F	400 Free	22/11/2015	Hereford Open Meet 2015	
10:38.19 S S	F	800 Free	29/11/2014	West Wales Sub Regional Competition 2014	
18:49.14 S	F	1500 Free	27/11/2015	West Wales Sub Regional Competition 2015	
20.29 S	F	25 Back	19/05/2012	dyfed junior challenge	
30.40 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:06.19 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:28.52 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
21.67 S	F	25 Breast	20/01/2012	llanelli novice gala	
37.83 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:15.61 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:54.53 S	F	200 Breast	22/11/2015	Hereford Open Meet 2015	
17.20 S	F	25 Fly	22/03/2012	Pembrokeshire Schools Inter Schools Gala	
35.49 S S	F	50 Fly	21/06/2014	TORFAEN OPEN MEET LEVEL 2 2014	
1:03.34 S	F	100 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:50.40 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:10.37 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:26.27 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
5:23.04 S	F	400 IM	26/09/2015	Pembrokeshire County Championships 2015	
Aneurin Lee (11) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
38.46 S L	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:32.21 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:26.81 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
23.66 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
41.43 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:35.83 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
3:22.29 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.86 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Aneurin Lee (11) M					
53.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
21.61 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017	
1:39.09 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:23.34 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Dylan Lee (9) M					
21.06 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
41.29 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:41.76 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:45.18 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
48.76 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:03.13 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
50.73 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:58.11 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
4:10.75 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Georgia Lee (13) F					
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
33.32 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:15.93 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:44.01 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
6:00.41 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
28.61 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
42.11 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:23.02 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:59.14 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
31.68 S	F	25 Breast	06/12/2013	Pembroke & District 39th Annual Championships	
46.11 S	F	50 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
1:33.15 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
3:19.53 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
52.28 S	F	50 Fly	24/05/2015	Amman Valley Open Meet 2015	
1:38.08 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:27.77 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:08.05 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:50.78 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Martha Lee (10) F					
26.57 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
50.35 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:56.38 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:39.06 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
31.65 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
55.14 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
Caera Lewis (12) F					
16.91 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
34.09 S	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:14.65 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:34.05 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
5:22.17 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
11:09.56 S	F	800 Free	02/02/2018	West Wales Regionals 2018	
19.32 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
38.96 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:25.46 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
3:03.77 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
22.09 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
40.49 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:28.25 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
3:16.75 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
18.00 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
35.39 S	F	50 Fly	02/02/2018	West Wales Regionals 2018	
1:28.90 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017	
3:17.64 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Caera Lewis (12) F					
1:24.35	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:53.20	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
5:56.68	S	F	400	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Edward Lister (12) M					
23.53	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
39.74	S	F	50	Free	09/04/2017 West Wales Region 'No Time' Gala 2017
1:25.63	S	P	100	Free	10/03/2018 Llanelli ASC - Open Meet 2018
3:07.66	S	F	200	Free	10/03/2018 Llanelli ASC - Open Meet 2018
7:11.20	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
28.60	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
54.19	S	F	50	Back	09/12/2016 Pembroke & District 42nd Annual Championships
1:46.74	S	F	100	Back	17/06/2017 West Wales Region - Junior Dev. Meet 2017
44.20	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
51.67	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:51.11	S	F	100	Breast	10/03/2018 Llanelli ASC - Open Meet 2018
29.89	S	F	25	Fly	11/12/2015 Pembroke & District 41st Annual Championships
41.42	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:37.40	S	F	100	Fly	10/03/2018 Llanelli ASC - Open Meet 2018
1:40.20	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:23.18	S	F	200	IM	10/03/2018 Llanelli ASC - Open Meet 2018
7:20.93	S	F	400	IM	10/03/2018 Llanelli ASC - Open Meet 2018
Hazel Lister (10) F					
21.09	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
46.64	S	P	50	Free	10/03/2018 Llanelli ASC - Open Meet 2018
2:03.15	S	F	100	Free	17/06/2017 West Wales Region - Junior Dev. Meet 2017
4:00.98	S	F	200	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
24.09	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
51.88	S	P	50	Back	10/03/2018 Llanelli ASC - Open Meet 2018
26.81	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:02.16	S	P	50	Breast	10/03/2018 Llanelli ASC - Open Meet 2018
23.41	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
1:17.77	S	F	50	Fly	17/06/2017 West Wales Region - Junior Dev. Meet 2017
1:49.53	S	F	100	IM	10/03/2018 Llanelli ASC - Open Meet 2018
4:09.15	S	F	200	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Fleur Lord (11) F					
47.31	S	F	50	Free	27/10/2018 Pembrokeshire County Championships 2018
1:46.75	S	F	100	Free	27/10/2018 Pembrokeshire County Championships 2018
4:13.64	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
52.49	S	F	50	Back	27/10/2018 Pembrokeshire County Championships 2018
2:05.45	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
4:06.66	S	F	200	Back	27/10/2018 Pembrokeshire County Championships 2018
2:37.49	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
4:48.69	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Rebecca Mason (11) F					
23.65	S	F	25	Free	09/12/2016 Pembroke & District 42nd Annual Championships
42.80	S	F	50	Free	27/10/2018 Pembrokeshire County Championships 2018
2:10.49	S	F	100	Free	24/09/2016 Pembrokeshire County Championships 2016
4:23.33	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
26.89	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
50.24	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
2:16.59	S	F	100	Back	09/04/2017 West Wales Region 'No Time' Gala 2017
4:07.48	S	F	200	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
30.46	S	F	25	Breast	09/12/2016 Pembroke & District 42nd Annual Championships
1:00.37	S	F	50	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
2:32.19	S	F	100	Breast	09/04/2017 West Wales Region 'No Time' Gala 2017
1:05.92	S	F	50	Fly	09/04/2017 West Wales Region 'No Time' Gala 2017
2:32.36	S	F	100	IM	20/03/2016 West Wales Region 'No Time' Gala 2016
Keira Montague (8) F					
1:01.86	S	F	50	Free	27/10/2018 Pembrokeshire County Championships 2018
Mason Montague (10) M					

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Mason Montague (10) M					
40.72 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:40.88 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:41.81 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:00.55 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
Ben Morgan (9) M					
21.87 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
44.25 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:49.89 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:37.75 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
29.35 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
55.50 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:13.96 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:46.96 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
56.71 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:44.10 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:01.84 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
Jack Morgan (11) M					
37.86 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:30.06 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:07.27 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
6:44.80 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
31:42.02 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
45.41 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:40.32 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
3:19.66 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
56.54 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:00.51 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
4:09.95 S	F	200 Breast	27/10/2018	Pembrokeshire County Championships 2018	
47.93 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
4:01.52 S	F	200 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:00.39 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:33.77 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
7:33.79 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Fred Morris (10) M					
21.14 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
42.00 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:57.79 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.63 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
27.34 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:01.91 S	F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
31.51 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:03.03 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:22.16 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Jessica Morris (15) F					
26.14 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
36.99 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:17.13 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:46.44 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:04.11 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
28.72 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
49.40 S	F	50 Back	24/05/2015	Amman Valley Open Meet 2015	
1:27.49 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
3:39.16 S	F	200 Back	27/11/2015	West Wales Sub Regional Competition 2015	
26.82 S	F	25 Breast	30/11/2012	Pembroke & District 38th Annual Championships	
40.48 S	F	50 Breast	02/02/2018	West Wales Regionals 2018	
1:28.57 S	F	100 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:10.10 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
42.30 S	F	50 Fly	25/11/2016	West Wales Sub Regional Competition 2016	
1:25.63 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jessica Morris (15) F					
2:56.48 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:34.46 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Emily Moseley (8) F					
7:03.12 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
Sophie Moseley (11) F					
28.33 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
42.49 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:34.62 S	P	100 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
3:43.67 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
7:35.75 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
37.86 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
57.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:53.16 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
4:30.69 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
41.62 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:01.40 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:13.53 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
4:35.01 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:10.57 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:55.39 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:05.51 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:59.23 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:21.25 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ioan Mutter (12) M					
20.58 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
35.33 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:15.14 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:13.59 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
7:04.86 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
27.65 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
43.56 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:16.37 S	F	100 Back	22/03/2015	West Wales Region 'No Time' Gala 2015	
3:43.62 S	F	200 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
25.30 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
47.86 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:49.31 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:24.69 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
42.05 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:45.74 S	F	100 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:38.17 S	F	100 IM	11/03/2017	Llanelli ASC - Open Meet 2017	
3:46.88 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
7:30.33 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Alice Oliver (10) F					
20.44 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
52.60 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:58.89 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:47.54 S	F	200 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
22.96 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:00.77 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:57.55 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.79 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:03.61 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
26.62 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:04.34 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:06.32 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Rosie Oliver (9) F					
26.90 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
53.78 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:12.26 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:24.56 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Rosie Oliver (9) F					
30.38 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:03.20 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:15.68 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
33.00 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:14.22 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:21.47 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
31.57 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:29.03 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Lauren Omnet (15) F					
18.65 S	F	25 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
32.17 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:09.20 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:24.22 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
4:50.73 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
9:59.77 S	F	800 Free	02/02/2018	West Wales Regionals 2018	
20.31 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
37.13 S L	F	50 Back	03/02/2017	West Wales Regionals 2017	
1:18.29 S	P	100 Back	03/02/2017	West Wales Regionals 2017	
2:38.60 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
25.74 S	F	25 Breast	30/11/2012	Pembroke & District 38th Annual Championships	
39.25 S	P	50 Breast	03/02/2017	West Wales Regionals 2017	
1:20.55 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:48.30 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
22.78 S	F	25 Fly	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
41.93 S	P	50 Fly	30/01/2015	West Wales Regionals 2015	
1:20.90 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
3:09.51 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:19.90 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:41.37 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
5:34.59 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
James Price (14) M					
34.14 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
40.75 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
46.94 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:30.64 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
Toby Price (12) M					
43.82 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
57.36 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:12.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
Scarlett Rattenbury (11) F					
25.61 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
47.95 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
30.14 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
1:02.54 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016	
1:08.91 S	F	50 Breast	05/06/2016	Amman Valley Open Meet 2016	
2:16.62 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:08.50 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
2:11.18 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
4:36.48 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Cory Shelmerdine (8) M					
1:03.84 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:46.39 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
Charlie Shiels (13) M					
17.06 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
28.94 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:06.61 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:26.08 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
5:05.25 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
19.42 S	F	25 Back	03/05/2014	Dyfed Junior Challenge	
33.89 S	F	50 Back	22/11/2016	Stockport Metro November Meet	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Charlie Shiels (13) M					
1:10.26 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:41.70 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
19.94 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
37.70 S	F	50 Breast	22/11/2016	Stockport Metro November Meet	
1:18.87 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
2:55.40 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
17.56 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
35.93 S	P	50 Fly	29/01/2016	West Wales Regionals 2016	
1:14.44 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.57 S	F	200 Fly	29/01/2016	West Wales Regionals 2016	
1:19.42 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:45.57 S	P	200 IM	02/12/2016	Swim Wales Short Course Championships 2016	
5:31.31 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ewan Sture (10) M					
22.57 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:58.85 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:56.56 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
8:35.89 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
26.13 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:10.86 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:25.66 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
31.09 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
30.97 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:15.76 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:19.30 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:29.24 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:31.00 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Maggie Sturley (12) F					
20.39 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
36.38 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:13.55 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:41.34 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
6:02.52 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
23.12 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
43.40 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:34.76 S	F	100 Back	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
27.73 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
51.57 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:39.42 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
47.28 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:46.60 S	F	100 Fly	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
1:42.45 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:09.32 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
6:50.61 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Toby Sturley (14) M					
15.94 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
27.41 S L	F	50 Free	02/02/2018	West Wales Regionals 2018	
58.13 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:06.93 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:41.58 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
19:08.54 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
18.50 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
32.63 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:07.90 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
2:20.57 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
25.44 S	F	25 Breast	12/11/2012	Milford Tigers Club Championships 2012	
40.73 S	F	50 Breast	24/09/2016	Pembrokeshire County Championships 2016	
1:16.10 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:44.57 S	F	200 Breast	27/10/2018	Pembrokeshire County Championships 2018	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Toby Sturley (14) M					
19.66 S	F	25 Fly	10/11/2013	Milford Tigers Club Championships 2013	
34.42 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:13.14 S	F	100 Fly	03/02/2017	West Wales Regionals 2017	
2:47.34 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:10.80 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:24.55 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
5:09.14 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Abigail Thomas (11) F					
20.26 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
33.80 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:21.13 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:52.78 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
6:00.09 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
25.28 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
45.39 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:35.88 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
3:27.80 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.06 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
48.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:46.76 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
3:49.65 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
23.76 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
37.77 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:33.45 S	F	100 Fly	27/10/2018	Pembrokeshire County Championships 2018	
3:41.83 S	F	200 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:35.76 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:10.63 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Daniel Thomas (21) M					
16.91 S	F	25 Free	31/05/2008	Dyfed Junior League Round 2	
26.72 S	F	50 Free	29/11/2014	West Wales Sub Regional Competition 2014	
57.73 S	P	100 Free	30/01/2015	West Wales Regionals 2015	
2:05.26 S	F	200 Free	11/10/2014	Pembrokeshire County Championships 2014	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 level 2	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
9:29.23 S	F	800 Free	16/01/2011	Pembrokeshire County Swimming Long Distance	
18:12.11 S	F	1500 Free	05/02/2011	West Wales Champs 2011	
19.42 S	F	25 Back	29/06/2008	Dyfed Junior League Final	
29.49 S	F	50 Back	11/12/2015	SWIM WALES SC CHAMPS 2015	
1:03.23 S	S	100 Back	30/01/2015	West Wales Regionals 2015	
2:13.81 S	F	200 Back	11/12/2015	SWIM WALES SC CHAMPS 2015	
22.90 S	F	25 Breast	31/05/2008	Dyfed Junior League Round 2	
35.74 S S	F	50 Breast	28/04/2012	City Of Newport Swimming Club	
1:16.31 S	P	100 Breast	28/04/2012	City Of Newport Swimming Club	
2:45.26 S	F	200 Breast	28/04/2012	City Of Newport Swimming Club	
18.89 S	F	25 Fly	21/02/2008	Pembrokeshire Schools Gala	
27.31 S	F	50 Fly	05/02/2016	WEST WALES CHAMPS 2016	
59.87 S	F	100 Fly	11/11/2015	BUCS SC 2015	
2:13.15 S	F	200 Fly	11/11/2015	BUCS SC 2015	
1:05.29 S	F	100 IM	06/12/2013	Pembroke & District 39th Annual Championships	
2:19.38 S	P	200 IM	01/02/2014	West Wales Champs 2014	
4:52.75 S	F	400 IM	26/10/2012	Worcester Open Meet	
Carys Thompson (11) F					
45.20 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:30.79 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:48.69 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
7:05.65 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
48.52 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:25.85 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
55.42 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:03.52 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Carys Thompson (11) F					
5:02.57 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
29.34 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.97 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:11.68 S	F	100 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:52.54 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
3:55.35 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
8:11.41 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Freya Thompson (8) F					
26.69 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
49.15 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:14.97 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
32.01 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
44.75 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
35.19 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.05 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:41.83 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
James Townsend (12) M					
22.89 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
45.54 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:08.85 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
3:48.71 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
26.73 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
55.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
24.70 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
50.78 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:51.89 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:13.05 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
26.93 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
1:57.73 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
4:24.56 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Daniel Twynam (14) M					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
46.87 S S	F	50 Free	11/10/2014	Pembrokeshire County Championships 2014	
1:31.09 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:03.47 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:36.34 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
22.75 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
1:41.99 S	F	100 Back	25/11/2016	West Wales Sub Regional Competition 2016	
3:24.11 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:39.83 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:52.38 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
57.46 S S	F	50 Fly	11/10/2014	Pembrokeshire County Championships 2014	
2:02.34 S	F	100 Fly	11/10/2014	Pembrokeshire County Championships 2014	
1:34.22 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:34.91 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:26.87 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Leon Twynam (13) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
40.10 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:31.94 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:14.80 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
7:33.51 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
24.81 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
49.25 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:40.26 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:31.12 S	F	200 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
1:03.25 S	F	50 Breast	26/09/2015	Pembrokeshire County Championships 2015	
1:55.98 S	F	100 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
4:55.20 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.10 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Leon Twynam (13) M					
48.06	S	F	50	Fly	14/10/2017 Pembroke & District Summer Long Distance 2017
1:53.43	S	F	100	Fly	17/06/2017 West Wales Region - Junior Dev. Meet 2017
1:42.57	S	F	100	IM	14/10/2017 Pembroke & District Summer Long Distance 2017
3:46.54	S	F	200	IM	17/06/2017 West Wales Region - Junior Dev. Meet 2017
8:17.45	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Stephanie Voyle (10) F					
1:02.89	S	F	50	Free	27/10/2018 Pembroke & District Summer Long Distance 2018
1:08.79	S	F	50	Back	27/10/2018 Pembroke & District Summer Long Distance 2018
Kaci-Lee Watkins (12) F					
47.45	S	F	50	Free	15/12/2017 Pembroke & District 43rd Annual Championships
1:59.41	S	F	100	Free	09/04/2017 West Wales Region 'No Time' Gala 2017
3:46.00	S	F	200	Free	17/06/2018 West Wales Region - Junior Dev. Meet 2018
8:54.43	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
53.25	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:51.98	S	F	100	Back	17/06/2018 West Wales Region - Junior Dev. Meet 2018
4:12.68	S	F	200	Back	14/10/2017 Pembroke & District Summer Long Distance 2017
1:05.75	S	F	50	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
2:15.67	S	F	100	Breast	17/06/2018 West Wales Region - Junior Dev. Meet 2018
1:04.19	S	F	50	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
4:16.66	S	F	200	IM	17/06/2018 West Wales Region - Junior Dev. Meet 2018
Mylia Webb (10) F					
23.88	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
1:06.56	S	F	50	Free	24/09/2016 Pembroke & District Summer Long Distance 2016
2:12.06	S	F	100	Free	14/10/2017 Pembroke & District Summer Long Distance 2017
25.66	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
50.68	S	F	50	Back	27/10/2018 Pembroke & District Summer Long Distance 2018
2:11.96	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
29.02	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
57.27	S	F	50	Breast	27/10/2018 Pembroke & District Summer Long Distance 2018
2:32.23	S	F	100	Breast	14/10/2017 Pembroke & District Summer Long Distance 2017
1:06.85	S	F	50	Fly	08/04/2018 West Wales Region 'No Time' Gala 2018
2:15.47	S	F	100	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
4:40.36	S	F	200	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Saskia Webb (11) F					
21.14	S	F	25	Free	09/12/2016 Pembroke & District 42nd Annual Championships
46.25	S	F	50	Free	15/12/2017 Pembroke & District 43rd Annual Championships
1:25.91	S	F	100	Free	27/10/2018 Pembroke & District Summer Long Distance 2018
3:44.53	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
7:02.94	S	F	400	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
24.90	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
43.28	S	F	50	Back	27/10/2018 Pembroke & District Summer Long Distance 2018
1:49.81	S	F	100	Back	14/10/2017 Pembroke & District Summer Long Distance 2017
29.41	S	F	25	Breast	09/12/2016 Pembroke & District 42nd Annual Championships
1:00.91	S	F	50	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
2:23.84	S	F	100	Breast	14/10/2017 Pembroke & District Summer Long Distance 2017
56.69	S	F	50	Fly	14/10/2017 Pembroke & District Summer Long Distance 2017
Jayden Wilson (11) F					
21.19	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
44.68	S	F	50	Free	07/05/2017 Amman Valley Open Meet 2017
1:46.75	S	F	100	Free	24/09/2016 Pembroke & District Summer Long Distance 2016
3:24.38	S	F	200	Free	17/06/2018 West Wales Region - Junior Dev. Meet 2018
7:23.35	S	F	400	Free	20/07/2018 Pembroke & District Summer Long Distance 2018
23.94	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
48.68	S	F	50	Back	14/10/2017 Pembroke & District Summer Long Distance 2017
1:48.65	S	F	100	Back	17/06/2018 West Wales Region - Junior Dev. Meet 2018
32.16	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
56.09	S	F	50	Breast	14/10/2017 Pembroke & District Summer Long Distance 2017
1:57.68	S	F	100	Breast	17/06/2018 West Wales Region - Junior Dev. Meet 2018
32.79	S	F	25	Fly	12/12/2014 Pembroke & District 40th Annual Championships
54.49	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jayden Wilson (11) F					
1:57.21	S	F	100	Fly	17/06/2018 West Wales Region - Junior Dev. Meet 2018
1:56.01	S	F	100	IM	24/09/2016 Pembrokeshire County Championships 2016
3:49.51	S	F	200	IM	17/06/2018 West Wales Region - Junior Dev. Meet 2018
Tayla Wilson (14) F					
22.67	S	F	25	Free	30/11/2012 Pembroke & District 38th Annual Championships
31.74	S L	F	50	Free	03/02/2017 West Wales Regionals 2017
1:08.87	S	F	100	Free	25/11/2016 West Wales Sub Regional Competition 2016
2:29.18	S	F	200	Free	14/10/2017 Pembrokeshire County Championships 2017
5:08.19	S	F	400	Free	02/02/2018 West Wales Regionals 2018
11:40.33	S	F	800	Free	29/01/2016 West Wales Regionals 2016
21.95	S	F	25	Back	30/11/2012 Pembroke & District 38th Annual Championships
35.25	S	P	50	Back	02/02/2018 West Wales Regionals 2018
1:15.88	S	P	100	Back	02/02/2018 West Wales Regionals 2018
2:38.93	S	F	200	Back	02/02/2018 West Wales Regionals 2018
22.52	S	F	25	Breast	03/05/2014 Dyfed Junior Challenge
40.70	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:26.66	S	P	100	Breast	02/02/2018 West Wales Regionals 2018
3:03.61	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
25.84	S	F	25	Fly	30/11/2012 Pembroke & District 38th Annual Championships
37.02	S	F	50	Fly	24/09/2016 Pembrokeshire County Championships 2016
1:20.30	S	F	100	Fly	07/05/2017 Amman Valley Open Meet 2017
3:07.33	S	F	200	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:20.87	S	F	100	IM	09/12/2016 Pembroke & District 42nd Annual Championships
2:42.35	S	F	200	IM	02/02/2018 West Wales Regionals 2018
5:52.74	S	F	400	IM	14/10/2017 Pembrokeshire County Championships 2017
Samuel Withers (21) M (Yr: Y9)					
17.53	S	F	25	Free	24/09/2006 Tri Gala
24.91	S S	F	50	Free	15/11/2014 stockport metro
55.51	S	F	100	Free	15/11/2014 stockport metro
2:05.88	S	F	200	Free	30/01/2015 West Wales Regionals 2015
4:30.64	S	F	400	Free	28/04/2012 City Of Newport Swimming Club
9:53.79	S S	F	800	Free	24/11/2012 West Wales Sub Regional Competition 2012
18:42.62	S	F	1500	Free	24/11/2012 West Wales Sub Regional Competition 2012
30.31	S	P	50	Back	30/01/2015 West Wales Regionals 2015
1:03.30	S	S	100	Back	30/01/2015 West Wales Regionals 2015
2:18.98	S	F	200	Back	30/11/2013 West Wales Sub Regional Competition 2013
37.17	S S	F	50	Breast	04/02/2012 West Wales Champs 2012
1:19.11	S	F	100	Breast	04/02/2012 West Wales Champs 2012
2:51.36	S	P	200	Breast	02/02/2013 West Wales Champs 2013
29.00	S	P	50	Fly	30/01/2015 West Wales Regionals 2015
1:06.85	S	F	100	Fly	30/11/2013 West Wales Sub Regional Competition 2013
2:38.04	S	P	200	Fly	04/02/2012 West Wales Champs 2012
1:14.70	S	F	100	IM	10/12/2010 Pembroke & District 36th Annual Championships
2:24.34	S	F	200	IM	29/06/2013 TORFAEN OPEN MEET LEVEL 2 2013
5:14.56	S	F	400	IM	19/07/2013 Pembroke & District Summer Long Distance 2013