

Times as @ 1st December 2018

All long course times converted to SC

County Performance/County National

1	Toby Sturley
2	Lauren Omnet
3	Caera Lewis
4	Rhys Davies
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		LC	LC	SC	SC	Best
	Gold Squad					
	<i>Working towards Welsh Qual.</i>	200 fc	200im	200 fc	200im	combined
1	Daniel Thomas	2.09/2.07	2.22/2.20	2.05	2.19	4.24
2	Bethan Jones	2.22/2.20	2.33/2.31	2.16	2.31	4.47
3	Charlie Shiels	2.31/2.29	2.44/2.42	2.15	2.3	4.45
4	Arron Fitzsimmons	2.23/2.21	2.39/2.37	2.18	2.35	4.53
5	Jayden Keane	2.26/2.24	2.46/2.44	2.22	2.43	5.05
6	Hannah Greenwood	2.40/2.38	3.17/3.15	2.27	2.44	5.11
7	Lewis Kettle	3.03/3.01	3.01/2.59	2.27	2.46	5.13
8	Benjamin Hillary	3.06/3.04	3.36/3.38	2.46	2.55	5.41
9	Jessica Morris			2.46	2.56	5.42
10	Georgia Lee		3.06/3.04	2.38	3.04	5.42
	Silver Squad	LC	LC	SC	SC	Best
	<i>Working towards Stage 9/10</i>	200 fc	200im	200 fc	200im	combined
1	Holly-Jane Callen	3.13/3.11		2.4	2.56	5.36
2	Maggie May Sturley		3.47/3.45	2.41	3.09	5.5
3	Abigail Thomas	3.09/3.07	3.32/3.30	2.52	3.1	6.02
4	Megan Cole		4.12/4.10	2.52	3.12	6.04
5	Marilla Evans			2.58	3.25	6.23
6	Jack Morgan link thur&Friday			3.07	3.33	6.4
7	Leah Carroll			2.56	3.48	6.44
8	Abigail Hillary link thur&Friday			3.05	xx	
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	Bronze Squad	LC	LC	SC	SC	Best
	<i>Working towards Stage 8/9</i>	200 fc	200im	200 fc	200im	combined
1	Edward Lister			3.07	3.23	6.3
2	Daniel Twynham			3.03	3.34	6.37
3	Sophie Moseley			3.13	3.34	6.47
4	Aneurin Lee			3.26	3.3	6.56
5	Ioan Mutter			3.13	3.46	6.59
6	Leon Twynham			3.14	3.46	7
7	Jayden Wilson			3.24	3.49	7.13
8	Callum Keane			3.37	3.49	7.26
9	Molly Jones			4.05	3.38	7.43
10	Carys Thompson			3.19	3.45	7.04
11	James Townsend			3.48	4.24	8.12
12	Saskia Webb			3.44		
13	Dylan Lee			3.45	4.1	7.55
14	Fred Morris			3.33	4.22	7.55
15	Ben Morgan			3.37		
16	Mylia Webb				4.4	
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	Aquatics 1	LC	LC	SC	SC	Best
	<i>Fit Swim</i>	200 fc	200im	200 fc	200im	combined
1	Rowan Kettle	2.30/2.28	2.48/2.46	2.14	2.32	4.46
2	Tomas Griffith			2.38	3.11	5.49
3	Ella Townsend					
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	<i>Masters</i>					
1	David Thompson					
2	Brian Keane					
3	Francis Bunker					
4	Ann Bunker					
5	Conner James					
6	Cerys John					
6	Tayla Wilson					
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	Water Dragons Max club capacity	LC	LC	SC	SC	Best
	<i>Working towards Stage 7/8</i>	200 fc	200im	200 fc	200im	combined
1	Mason Montague			4.04	3.41	7.45
2	Alice Oliver			3.49	4.06	7.55
3	Kaci Lee Watkins			4.16	3.46	8.02
4	Aria Evans			3.49	4.19	8.08
5	Hazel Lister			4	4.09	8.09
6	Amelia Hounsell			3.55	4.25	8.1
7	Ewan Sture			3.56	4.31	8.37
8	Cai Jones			4.01	4.39	8.4
9	Niamh Evans			4.11	4.48	8.59
10	Fleur Lord			4.13	4.48	9.01
11	cai Johnson			4.36	4.47	9.23
12	Cerys Griffiths			4.01		
13	Freya Thompson			4.14		
14	Skye Bruce			4.14		
15	Rebecca Mason			4.23		
16	Rosie Oliver			4.24		
17	Martha Lee			4.39		
18	Mylia Webb				4.4	
19	Cory Shelmerdine			4.46		
20	Emily Moseley			7.03		
21	Ben Evans					
22	Evie Bratcher					
23	James Harris					
24	Toby Harris					
25	Carys Kenniford					
26	Keira Bruce					
27	Annabel John					
28	Malachi Jones					
29	Keira Montague					
30	Stephanie Voyle					
31	Ella Howell					
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