

## Individual Top Times

**Pembroke & District [PEMY] Coach: Keith Thompson Thompson**

**Show Long Course Only**

Time	P/F/S	Event			
<b>Holly-Jane Callen (13) F</b>					
36.32	L	F	50	Free	16/06/2018 Torfaen Dolphins Long Course Meet 2018
41.11	L	F	50	Breast	05/01/2019 RCT Level 3 New Year Open Meet
1:30.17	L	F	100	Breast	05/01/2019 RCT Level 3 New Year Open Meet
3:11.89	L	F	200	Breast	05/01/2019 RCT Level 3 New Year Open Meet
3:01.80	L	F	200	IM	05/01/2019 RCT Level 3 New Year Open Meet
<b>Megan Cole (13) F</b>					
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
<b>Rhys Davies (17) M</b>					
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
9:34.87	L	F	800	Free	30/07/2018 Swim Wales Summer Open Meet 2018
18:47.99	L	F	1500	Free	30/07/2018 Swim Wales Summer Open Meet 2018
30.06	L	F	50	Back	30/07/2018 Swim Wales Summer Open Meet 2018
1:04.28	L	F	100	Back	01/12/2017 Swim Wales Winter Championships 2017
2:13.80	L	F	200	Back	30/07/2018 Swim Wales Summer Open Meet 2018
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
2:52.31	L	P	200	Breast	30/07/2018 Swim Wales Summer Open Meet 2018
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 Open Meet 2016
2:31.55	L	P	200	Fly	01/08/2016 Welsh Summer Development Meet 2016
2:27.21	L	P	200	IM	01/12/2017 Swim Wales Winter Championships 2017
5:01.50	L	F	400	IM	30/07/2018 Swim Wales Summer Open Meet 2018
<b>Arron Fitzsimmons (14) M</b>					
28.95	L	F	50	Free	15/09/2018 Swim Wales Legends Meet 2018
1:04.35	L	F	100	Free	15/09/2018 Swim Wales Legends Meet 2018
2:23.57	L	F	200	Free	16/06/2018 Torfaen Dolphins Long Course Meet 2018
5:09.62	L	F	400	Free	15/09/2017 Swim Wales Legends Meet 2017
20:48.09	L	F	1500	Free	30/07/2018 Swim Wales Summer Open Meet 2018
33.75	L	F	50	Back	16/06/2018 Torfaen Dolphins Long Course Meet 2018
1:11.66	L	F	100	Back	05/01/2019 RCT Level 3 New Year Open Meet
2:36.80	L	F	200	Back	16/06/2018 Torfaen Dolphins Long Course Meet 2018
36.66	L	F	50	Breast	05/01/2019 RCT Level 3 New Year Open Meet
1:22.61	L	F	100	Breast	16/06/2018 Torfaen Dolphins Long Course Meet 2018
3:07.47	L	F	200	Breast	21/10/2017 Neath ASC Open Meet
32.82	L	F	50	Fly	05/01/2019 RCT Level 3 New Year Open Meet
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
2:39.03	L	F	200	IM	16/06/2018 Torfaen Dolphins Long Course Meet 2018
5:48.33	L	F	400	IM	15/09/2018 Swim Wales Legends Meet 2018
<b>Hannah Greenwood (14) F</b>					
1:10.50	L	F	100	Free	05/01/2019 RCT Level 3 New Year Open Meet
2:36.91	L	F	200	Free	05/01/2019 RCT Level 3 New Year Open Meet
35.74	L	F	50	Back	05/01/2019 RCT Level 3 New Year Open Meet
1:16.49	L	F	100	Back	05/01/2019 RCT Level 3 New Year Open Meet
2:47.88	L	F	200	Back	05/01/2019 RCT Level 3 New Year 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
<b>Abigail Hillary (10) F</b>					
38.58	L	F	50	Free	16/06/2018 Torfaen Dolphins Long Course Meet 2018

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event			
<b>Abigail Hillary (10) F</b>					
1:28.64 L	F	100 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
48.97 L	F	50 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
54.95 L	F	50 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
2:03.49 L	F	100 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
<b>Benjamin Hillary (13) M</b>					
33.20 L	F	50 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
1:12.74 L	F	100 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:06.23 L	F	200 Free	16/09/2016	Swim Wales Legends Meet 2016	
36.32 L	F	50 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
1:19.28 L	F	100 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
2:04.45 L	F	100 Breast	09/01/2016	Swim Wales New Year Pentathlon	
36.38 L	F	50 Fly	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:36.88 L	F	200 IM	16/09/2016	Swim Wales Legends Meet 2016	
<b>Cai Johnson (11) M</b>					
1:51.50 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:53.54 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
2:13.25 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
4:55.31 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Callum Keane (9) M</b>					
3:18.99 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
45.35 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:38.22 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
58.21 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
2:05.21 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
4:12.13 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
3:40.53 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Jayden Keane (13) M</b>					
32.05 L	P	50 Free	30/07/2018	Swim Wales Summer Open Meet 2018	
1:24.91 L	F	100 Free	09/01/2016	Swim Wales New Year Pentathlon	
2:26.81 L	F	200 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
5:10.49 L	F	400 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
37.28 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:34.74 L	F	100 Back	09/01/2016	Swim Wales New Year Pentathlon	
2:49.52 L	F	200 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
40.37 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
1:28.41 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
3:13.38 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
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	
2:46.46 L	F	200 IM	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
6:21.49 L	F	400 IM	17/06/2017	Torfaen Dolphins Long Course Meet 2017	
<b>Lewys Kettle (15) M</b>					
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	
<b>Rowan Kettle (18) M</b>					
26.69 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
59.38 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
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	

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Time	P/F/S	Event			
<b>Rowan Kettle (18) M</b>					
x20:17.80 L	F	1500 Free	09/01/2015	British Gas Swim Wales New Year Meet	
31.15 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:08.33 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
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	
1:16.48 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
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	
1:09.59 L	F	100 Fly	05/01/2019	RCT Level 3 New Year Open 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	
<b>Georgia Lee (14) F</b>					
34.29 L	F	50 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
1:12.27 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
39.22 L	F	50 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:07.39 L	F	200 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:31.51 L	F	200 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:04.32 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Martha Lee (10) F</b>					
1:57.34 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
56.60 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Caera Lewis (13) F</b>					
31.44 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:08.70 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:42.19 L	F	200 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
5:29.77 L	F	400 Free	05/01/2019	RCT Level 3 New Year Open Meet	
11:11.73 L	F	800 Free	30/07/2018	Swim Wales Summer Open Meet 2018	
39.28 L	P	50 Back	01/12/2017	Swim Wales Winter Championships 2017	
1:19.80 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
2:59.95 L	F	200 Back	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
38.29 L	F	50 Breast	30/07/2018	Swim Wales Summer Open Meet 2018	
1:22.37 L	F	100 Breast	30/07/2018	Swim Wales Summer Open Meet 2018	
3:01.39 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
35.07 L	P	50 Fly	30/07/2018	Swim Wales Summer Open Meet 2018	
1:22.78 L	F	100 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
2:46.33 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
6:00.62 L	F	400 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Edward Lister (12) M</b>					
1:41.60 L	F	100 Fly	31/07/2017	Welsh Summer Development Meet 2017	
<b>Fleur Lord (11) F</b>					
53.02 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
55.43 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Malachi Lyseight-Jones (11) M</b>					
42.43 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:01.29 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
2:11.29 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Keira Montague (9) F</b>					
54.42 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:17.42 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Mason Montague (11) M</b>					
40.24 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
3:34.80 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:01.20 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
51.58 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Ben Morgan (9) M</b>					
44.29 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:41.15 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
3:31.82 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	

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Time	P/F/S	Event			
<b>Ben Morgan (9) M</b>					
5:06.73	L F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
59.87	L F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
4:56.60	L F	200 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
4:23.39	L F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Jack Morgan (11) M</b>					
38.27	L F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:26.26	L F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
3:00.40	L F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
6:18.35	L F	400 Free	05/01/2019	RCT Level 3 New Year Open Meet	
47.39	L F	50 Back	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
3:34.21	L F	200 Back	05/01/2019	RCT Level 3 New Year Open Meet	
59.86	L F	50 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
2:04.22	L F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
4:15.93	L F	200 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
46.31	L F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
1:56.58	L F	100 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
4:10.62	L F	200 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
3:33.45	L F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Sophie Moseley (12) F</b>					
3:18.59	L F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
45.28	L F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:36.99	L F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
3:38.19	L F	200 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:54.21	L F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
50.19	L F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
3:48.81	L F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Ffion Moses (13) F</b>					
32.75	L F	50 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
1:10.69	L F	100 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
2:34.12	L F	200 Free	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
36.41	L P	50 Back	01/12/2017	Swim Wales Winter Championships 2017	
1:18.46	L P	100 Back	01/12/2017	Swim Wales Winter Championships 2017	
2:45.76	L P	200 Back	01/12/2017	Swim Wales Winter Championships 2017	
47.17	L F	50 Breast	18/03/2017	Tiger Bay Open Meet 2017	
1:39.58	L F	100 Breast	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
35.54	L P	50 Fly	01/12/2017	Swim Wales Winter Championships 2017	
1:23.06	L F	100 Fly	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
2:53.41	L F	200 IM	18/11/2017	Swansea Aquatics Autmn Long Course 2017	
<b>Ioan Mutter (12) M</b>					
34.53	L F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
3:00.29	L F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
49.36	L F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
1:48.39	L F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
40.11	L F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Lauren Omnet (15) F</b>					
32.17	L F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:08.81	L F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:29.52	L F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
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	
38.25	L F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:20.57	L F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
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	
1:22.21	L P	100 Breast	30/07/2018	Swim Wales Summer Open Meet 2018	
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	
2:42.60	L F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
5:40.45	L F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	

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### Show Long Course Only

Time	P/F/S	Event			
<b>Charlie Shiels (14) M</b>					
27.86 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:01.98 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:17.78 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
6:08.95 L	F	400 Free	24/10/2015	Neath ASC Open Meet	
31.95 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
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	
33.98 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
1:16.85 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
2:49.63 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
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	
2:32.15 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
5:54.29 L	F	400 IM	12/05/2017	Swim Swansea Long Course 2017	
<b>Maggie Sturley (12) F</b>					
34.33 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet	
1:16.13 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:45.25 L	F	200 Free	05/01/2019	RCT Level 3 New Year 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	
3:15.13 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
<b>Toby Sturley (15) M</b>					
29.22 L	F	50 Free	14/01/2018	Co Derby Level 1 Long Course 2	
1:00.11 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:14.39 L	P	200 Free	30/07/2018	Swim Wales Summer Open Meet 2018	
5:17.79 L	F	400 Free	01/08/2016	Welsh Summer Development Meet 2016	
31.93 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:08.22 L	P	100 Back	30/07/2018	Swim Wales Summer Open Meet 2018	
2:30.87 L	F	200 Back	05/01/2019	RCT Level 3 New Year Open Meet	
36.80 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
1:19.24 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
2:48.91 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
30.57 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
1:11.68 L	P	100 Fly	01/12/2017	Swim Wales Winter Championships 2017	
2:25.99 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
5:27.74 L	F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	
<b>Abigail Thomas (12) F</b>					
35.83 L	F	50 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
1:17.56 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
2:50.23 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
6:22.59 L	F	400 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
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	
40.14 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
1:36.86 L	F	100 Fly	06/07/2018	Gemau Cymru 2018	
3:54.29 L	F	200 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
3:23.48 L	F	200 IM	06/07/2018	Gemau Cymru 2018	
<b>Daniel Thomas (21) M</b>					
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	

## Individual Top Times

### Show Long Course Only

Time	P/F/S	Event		
<b>Daniel Thomas (21) M</b>				
36.81 L S	P	50 Breast	18/06/2012	Best Times LCM
1:18.57 L	F	100 Breast	06/04/2012	Welsh Age Group & Youth Championship
1:18.57 L S	F	100 Breast	18/06/2012	Best Times LCM
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	02/12/2017	SWIM WALES LC CHAMPS 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
<b>Carys Thompson (11) F</b>				
43.03 L	F	50 Free	05/01/2019	RCT Level 3 New Year Open Meet
1:33.41 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet
3:19.28 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet
47.34 L	F	50 Back	05/01/2019	RCT Level 3 New Year Open Meet
1:47.53 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet
56.94 L	F	50 Breast	05/01/2019	RCT Level 3 New Year Open Meet
2:04.57 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet
54.28 L	F	50 Fly	05/01/2019	RCT Level 3 New Year Open Meet
3:56.51 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet
<b>Samuel Withers (21) M (Yr: Y9)</b>				
25.28 L	S	50 Free	23/07/2015	Welsh Summer Nationals 2015
57.09 L	P	100 Free	23/07/2015	Welsh Summer Nationals 2015
2:06.41 L S	P	200 Free	06/06/2014	Cardiff International Open Meet 2014
4:31.59 L	F	400 Free	27/07/2013	Welsh Summer Nats13 - WELSH Reg Swimmers
10:34.92 L S	F	800 Free	18/06/2012	Best Times LCM
10:34.92 L	F	800 Free	02/04/2010	Welsh Age Group & Youth Championship
20:42.17 L S	F	1500 Free	18/06/2012	Best Times LCM
20:42.17 L	F	1500 Free	02/04/2010	Welsh Age Group & Youth Championship
30.87 L	P	50 Back	23/07/2015	Welsh Summer Nationals 2015
1:06.90 L	P	100 Back	03/04/2015	Swim Wales Long Course Championships 2015
2:21.74 L	F	200 Back	16/11/2013	Aquae Sulis Grand Prix
43.62 L S	P	50 Breast	18/06/2012	Best Times LCM
43.62 L S	P	50 Breast	19/11/2010	British Gas Swim Wales Winter Nats
1:25.91 L	F	100 Breast	15/10/2011	Swim Swansea Open Meet 2011
1:25.91 L S	F	100 Breast	18/06/2012	Best Times LCM
3:12.18 L S	P	200 Breast	18/06/2012	Best Times LCM
3:12.18 L	P	200 Breast	19/11/2010	British Gas Swim Wales Winter Nats
29.35 L	P	50 Fly	03/04/2015	Swim Wales Long Course Championships 2015
1:07.18 L	P	100 Fly	27/07/2013	Welsh Summer Nats13 - WELSH Reg Swimmers
2:41.43 L	P	200 Fly	14/05/2011	Swim Swansea Long Course 2011
2:41.43 L S	P	200 Fly	18/06/2012	Best Times LCM
2:29.12 L	P	200 IM	21/07/2012	Welsh Summer Nats12 - WELSH Reg Swimmers
5:27.62 L S	F	400 IM	18/06/2012	Best Times LCM
5:27.62 L	F	400 IM	22/04/2011	Welsh Age Group & Youth Championship