

## Individual Top Times

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

**Show Long Course Only**

| Time                            | P/F/S | Event      |            |   |  |
|---------------------------------|-------|------------|------------|---|--|
| <b>Holly-Jane Callen (11) F</b> |       |            |            |   |  |
| 1:46.16 L                       | F     | 100 Breast | 31/07/2017 | Welsh Summer Development Meet 2017        |  |
| <b>Megan Cole (11) 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>Arron Fitzsimmons (12) M</b> |       |            |            |   |  |
| 30.06 L                         | F     | 50 Free    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 1:06.27 L                       | F     | 100 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 2:28.25 L                       | F     | 200 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 5:09.62 L                       | F     | 400 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 34.27 L                         | F     | 50 Back    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 1:12.74 L                       | F     | 100 Back   | 21/10/2017 | Neath ASC Open Meet                       |  |
| 2:39.19 L                       | F     | 200 Back   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 39.83 L                         | F     | 50 Breast  | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 1:23.93 L S                     | F     | 100 Breast | 21/10/2017 | Neath ASC Open Meet                       |  |
| 3:07.47 L                       | F     | 200 Breast | 21/10/2017 | Neath ASC Open Meet                       |  |
| 33.97 L                         | F     | 50 Fly     | 21/10/2017 | Neath ASC 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              |  |
| 2:42.36 L                       | F     | 200 IM     | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 5:55.23 L                       | F     | 400 IM     | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| <b>Hannah Greenwood (13) F</b>  |       |            |            |   |  |
| 1:19.05 L                       | F     | 100 Free   | 22/10/2016 | Neath ASC Open Meet                       |  |
| 1:29.63 L S                     | F     | 100 Back   | 22/10/2016 | Neath ASC Open Meet                       |  |
| 3:06.95 L                       | F     | 200 Back   | 22/10/2016 | Neath ASC Open Meet                       |  |
| 2:03.29 L                       | F     | 100 Breast | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 40.43 L                         | F     | 50 Fly     | 22/10/2016 | Neath ASC Open Meet                       |  |
| 1:54.72 L                       | F     | 100 Fly    | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 3:17.95 L S                     | F     | 200 IM     | 22/10/2016 | Neath ASC Open Meet                       |  |
| <b>Owyn Griffiths (13) M</b>    |       |            |            |   |  |
| 35.52 L                         | F     | 50 Free    | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 1:29.68 L S                     | F     | 100 Free   | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 2:44.49 L                       | P     | 200 Free   | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 43.34 L                         | F     | 50 Back    | 12/07/2014 | Cardiff Bay Sprint Meet 2014              |  |
| 1:23.31 L                       | P     | 100 Back   | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 3:22.71 L                       | F     | 200 Back   | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 45.38 L                         | P     | 50 Breast  | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 1:51.44 L                       | F     | 100 Breast | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 3:46.75 L                       | P     | 200 Breast | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 40.30 L                         | P     | 50 Fly     | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 3:36.52 L                       | F     | 200 IM     | 12/07/2014 | Cardiff Bay Sprint Meet 2014              |  |
| <b>Tomas Griffiths (15) M</b>   |       |            |            |   |  |
| 37.01 L                         | F     | 50 Free    | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 50.22 L S                       | F     | 50 Breast  | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 1:44.79 L                       | F     | 100 Breast | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 51.33 L                         | F     | 50 Fly     | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| <b>Benjamin Hillary (11) M</b>  |       |            |            |   |  |
| 1:32.28 L                       | F     | 100 Free   | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 3:06.23 L                       | F     | 200 Free   | 16/09/2016 | Swim Wales Legends Meet 2016              |  |
| 1:42.24 L                       | F     | 100 Back   | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 2:04.45 L                       | F     | 100 Breast | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 3:36.88 L                       | F     | 200 IM     | 16/09/2016 | Swim Wales Legends Meet 2016              |  |
| <b>Bethan Jones (14) F</b>      |       |            |            |   |  |
| 29.95 L                         | P     | 50 Free    | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:08.99 L                       | F     | 100 Free   | 08/04/2016 | City of Bristol Level 1 April 2016        |  |
| 2:22.40 L                       | F     | 200 Free   | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017    |  |
| 4:59.55 L                       | F     | 400 Free   | 01/08/2016 | Welsh Summer Development Meet 2016        |  |
| 34.20 L                         | F     | 50 Back    | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 1:14.67 L                       | F     | 100 Back   | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017    |  |
| 2:48.04 L                       | F     | 200 Back   | 08/04/2016 | City of Bristol Level 1 April 2016        |  |

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| Time                       | P/F/S | Event      |            |   |  |
|----------------------------|-------|------------|------------|---|--|
| <b>Bethan Jones (14) F</b> |       |            |            |   |  |
| 36.96 L                    | P     | 50 Breast  | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:31.40 L                  | F     | 100 Breast | 08/04/2016 | City of Bristol Level 1 April 2016        |  |
| 3:13.33 L                  | P     | 200 Breast | 23/07/2015 | Welsh Summer Nationals 2015               |  |
| 30.78 L                    | F     | 50 Fly     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:10.20 L                  | P     | 100 Fly    | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 2:36.04 L                  | F     | 200 Fly    | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 2:35.96 L                  | P     | 200 IM     | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 5:28.87 L                  | F     | 400 IM     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| <b>Jayden KEANE (12) M</b> |       |            |            |   |  |
| 37.88 L                    | F     | 50 Free    | 11/03/2016 | Tiger Bay Open Meet 2016                  |  |
| 1:24.91 L                  | F     | 100 Free   | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 1:34.74 L                  | F     | 100 Back   | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 3:11.89 L                  | F     | 200 Back   | 11/03/2016 | Tiger Bay Open Meet 2016                  |  |
| 1:50.40 L S                | F     | 100 Breast | 11/03/2016 | Tiger Bay Open Meet 2016                  |  |
| 3:43.81 L                  | F     | 200 Breast | 11/03/2016 | Tiger Bay Open Meet 2016                  |  |
| 37.95 L                    | F     | 50 Fly     | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017    |  |
| 1:56.08 L                  | F     | 100 Fly    | 09/01/2016 | Swim Wales New Year Pentathlon            |  |
| 3:14.82 L S                | F     | 200 IM     | 11/03/2016 | Tiger Bay Open Meet 2016                  |  |
| 6:21.49 L                  | F     | 400 IM     | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017    |  |
| <b>Lewys Kettle (14) 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 (16) M</b> |       |            |            |   |  |
| 32.76 L                    | F     | 50 Free    | 10/01/2014 | British Gas Swim Wales New Year Meet      |  |
| 1:05.27 L                  | F     | 100 Free   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 2:23.26 L                  | F     | 200 Free   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 5:02.72 L                  | F     | 400 Free   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| x20:17.80 L                | F     | 1500 Free  | 09/01/2015 | British Gas Swim Wales New Year Meet      |  |
| 37.98 L                    | F     | 50 Back    | 12/07/2014 | Cardiff Bay Sprint Meet 2014              |  |
| 1:16.45 L                  | F     | 100 Back   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 2:44.07 L                  | F     | 200 Back   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 42.38 L S                  | F     | 50 Breast  | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| 1:25.48 L                  | F     | 100 Breast | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 3:13.49 L                  | F     | 200 Breast | 09/01/2015 | British Gas Swim Wales New Year Meet      |  |
| 35.66 L                    | F     | 50 Fly     | 12/07/2014 | Cardiff Bay Sprint Meet 2014              |  |
| x1:19.37 L                 | F     | 100 Fly    | 09/01/2015 | British Gas Swim Wales New Year Meet      |  |
| 2:58.58 L                  | F     | 200 Fly    | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 2:41.85 L                  | F     | 200 IM     | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 6:08.37 L                  | F     | 400 IM     | 19/09/2014 | Swim Wales Legends Meet 2014              |  |
| <b>Caera Lewis (11) F</b>  |       |            |            |   |  |
| 38.93 L                    | P     | 50 Free    | 29/05/2015 | Cardiff International Open Meet 2015      |  |
| 1:14.88 L                  | P     | 100 Free   | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 2:47.62 L                  | F     | 200 Free   | 31/07/2017 | Welsh Summer Development Meet 2017        |  |
| 5:49.56 L                  | F     | 400 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 39.93 L                    | P     | 50 Back    | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:25.14 L                  | F     | 100 Back   | 31/07/2017 | Welsh Summer Development Meet 2017        |  |
| 3:07.74 L                  | F     | 200 Back   | 12/05/2017 | Swim Swansea Long Course 2017             |  |
| 41.46 L                    | F     | 50 Breast  | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:32.90 L                  | P     | 100 Breast | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 3:20.03 L                  | P     | 200 Breast | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 38.25 L                    | P     | 50 Fly     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:27.97 L                  | F     | 100 Fly    | 31/07/2017 | Welsh Summer Development Meet 2017        |  |

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### Show Long Course Only

| Time                          | P/F/S | Event      |            |  |  |
|-------------------------------|-------|------------|------------|--|--|
| <b>Caera Lewis (11) F</b>     |       |            |            |  |  |
| 3:00.67                       | L P   | 200 IM     | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 6:32.46                       | L F   | 400 IM     | 15/09/2017 | Swim Wales Legends Meet 2017               |  |
| <b>Edward Lister (11) M</b>   |       |            |            |  |  |
| 1:41.60                       | L F   | 100 Fly    | 31/07/2017 | Welsh Summer Development Meet 2017         |  |
| <b>Rosie Llewellyn (15) F</b> |       |            |            |  |  |
| 31.33                         | L L F | 50 Free    | 23/07/2015 | Welsh Summer Nationals 2015                |  |
| 1:07.16                       | L P   | 100 Free   | 25/03/2016 | Swim Wales Long Course Championships 2016  |  |
| 2:23.35                       | L F   | 200 Free   | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 4:55.74                       | L F   | 400 Free   | 27/05/2016 | Plymouth Leander Level 1 Meet              |  |
| 10:23.76                      | L F   | 800 Free   | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 40.07                         | L F   | 50 Back    | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:25.93                       | L P   | 100 Back   | 02/08/2014 | Welsh Summer Nationals 2014                |  |
| 37.66                         | L P   | 50 Breast  | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 1:21.72                       | L F   | 100 Breast | 01/08/2016 | Welsh Summer Development Meet 2016         |  |
| 2:54.77                       | L F   | 200 Breast | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 34.61                         | L P   | 50 Fly     | 25/03/2016 | Swim Wales Long Course Championships 2016  |  |
| 1:16.72                       | L F   | 100 Fly    | 22/05/2015 | Plymouth Leander Level 1 Meet              |  |
| 2:50.11                       | L F   | 200 Fly    | 23/07/2015 | Welsh Summer Nationals 2015                |  |
| 2:40.39                       | L P   | 200 IM     | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 5:45.34                       | L F   | 400 IM     | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| <b>Lauren Omnet (14) F</b>    |       |            |            |  |  |
| 32.64                         | L F   | 50 Free    | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017     |  |
| 1:10.41                       | L F   | 100 Free   | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017     |  |
| 2:30.25                       | L F   | 200 Free   | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 5:11.47                       | L F   | 400 Free   | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 11:33.31                      | L F   | 800 Free   | 13/05/2016 | Swim Swansea Long Course 2016              |  |
| 1:21.14                       | L F   | 100 Back   | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017     |  |
| 2:47.61                       | L P   | 200 Back   | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 39.38                         | L P   | 50 Breast  | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 1:22.97                       | L F   | 100 Breast | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017     |  |
| 2:59.25                       | L F   | 200 Breast | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 2:59.25                       | L P   | 200 Breast | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 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     |  |
| 2:46.87                       | L F   | 200 IM     | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017     |  |
| 5:42.46                       | L F   | 400 IM     | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| <b>Lucy Omnet (17) F</b>      |       |            |            |  |  |
| 32.69                         | L F   | 50 Free    | 10/01/2014 | British Gas Swim Wales New Year Meet       |  |
| 1:09.88                       | L P   | 100 Free   | 13/05/2016 | Swim Swansea Long Course 2015              |  |
| 2:34.06                       | L F   | 200 Free   | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 5:38.57                       | L F   | 400 Free   | 10/01/2014 | British Gas Swim Wales New Year Meet       |  |
| 1:28.00                       | L P   | 100 Back   | 06/07/2013 | Gemau Cymru 2013                           |  |
| 42.81                         | L F   | 50 Breast  | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:30.88                       | L S P | 100 Breast | 18/04/2014 | Welsh Age Group & Youth Championships 2014 |  |
| 3:07.36                       | L F   | 200 Breast | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 43.41                         | L S P | 50 Fly     | 06/07/2013 | Gemau Cymru 2013                           |  |
| 2:48.06                       | L P   | 200 IM     | 13/05/2016 | Swim Swansea Long Course 2015              |  |
| <b>Ellie Parks (18) F</b>     |       |            |            |  |  |
| 33.98                         | L S F | 50 Free    | 13/04/2013 | City Of Bristol L1 Meet                    |  |
| 1:11.98                       | L F   | 100 Free   | 11/01/2013 | Exeter Open Meet 2013                      |  |
| 2:32.73                       | L P   | 200 Free   | 17/05/2013 | Swim Swansea Long Course 2013              |  |
| 5:24.98                       | L F   | 400 Free   | 21/07/2012 | Welsh Summer Nats12 - WELSH Reg Swimmers   |  |
| 11:48.97                      | L F   | 800 Free   | 25/11/2011 | Welsh Capital Open Meet 2011               |  |
| 39.55                         | L F   | 50 Back    | 25/11/2011 | Welsh Capital Open Meet 2011               |  |
| 1:21.63                       | L P   | 100 Back   | 21/07/2012 | Welsh Summer Nats12 - WELSH Reg Swimmers   |  |
| 2:49.08                       | L P   | 200 Back   | 29/03/2013 | Welsh Age Group & Youth Championship       |  |
| 39.80                         | L F   | 50 Breast  | 11/01/2013 | Exeter Open Meet 2013                      |  |
| 1:26.68                       | L P   | 100 Breast | 14/12/2012 | British Gas Swim Wales Winter Open Champs  |  |
| 3:02.40                       | L P   | 200 Breast | 21/07/2012 | Welsh Summer Nats12 - WELSH Reg Swimmers   |  |
| 37.57                         | L S F | 50 Fly     | 13/04/2013 | City Of Bristol L1 Meet                    |  |
| 1:28.51                       | L S F | 100 Fly    | 13/04/2013 | City Of Bristol L1 Meet                    |  |
| 3:24.32                       | L P   | 200 Fly    | 19/11/2010 | British Gas Swim Wales Winter Nats         |  |
| 2:49.45                       | L P   | 200 IM     | 29/03/2013 | Welsh Age Group & Youth Championship       |  |

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| Time                         | P/F/S | Event      |            |   |  |
|------------------------------|-------|------------|------------|---|--|
| <b>Ellie Parks (18) F</b>    |       |            |            |   |  |
| 6:07.61 L                    | F     | 400 IM     | 13/04/2013 | City Of Bristol L1 Meet                   |  |
| <b>Lily Rice (13) F</b>      |       |            |            |   |  |
| 44.36 L                      | F     | 50 Free    | 24/10/2015 | Neath ASC Open Meet                       |  |
| 1:22.48 L                    | P     | 100 Free   | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 3:29.94 L                    | F     | 200 Free   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 7:32.63 L                    | F     | 400 Free   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 50.62 L S                    | F     | 50 Back    | 24/10/2015 | Neath ASC Open Meet                       |  |
| 1:53.56 L                    | F     | 100 Back   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 3:54.57 L                    | F     | 200 Back   | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 1:07.56 L                    | F     | 50 Breast  | 24/10/2015 | Neath ASC Open Meet                       |  |
| 2:35.22 L                    | F     | 100 Breast | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 5:32.78 L                    | F     | 200 Breast | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 1:00.82 L                    | F     | 50 Fly     | 24/10/2015 | Neath ASC Open Meet                       |  |
| 2:23.71 L                    | F     | 100 Fly    | 18/09/2015 | Swim Wales Legends Meet 2015              |  |
| 3:40.67 L                    | P     | 200 IM     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| <b>Georgia Shiels (14) F</b> |       |            |            |   |  |
| 34.87 L                      | F     | 50 Free    | 24/10/2015 | Neath ASC Open Meet                       |  |
| 1:18.65 L                    | F     | 100 Free   | 24/10/2015 | Neath ASC Open Meet                       |  |
| 41.68 L S                    | F     | 50 Back    | 24/10/2015 | Neath ASC Open Meet                       |  |
| 1:28.42 L S                  | F     | 100 Back   | 24/10/2015 | Neath ASC Open Meet                       |  |
| 43.19 L                      | F     | 50 Breast  | 24/10/2015 | Neath ASC Open Meet                       |  |
| 1:36.21 L                    | F     | 100 Breast | 24/10/2015 | Neath ASC Open Meet                       |  |
| 38.96 L                      | F     | 50 Fly     | 24/10/2015 | Neath ASC Open Meet                       |  |
| 3:10.46 L S                  | F     | 200 IM     | 24/10/2015 | Neath ASC Open Meet                       |  |
| <b>Maggie Sturley (11) F</b> |       |            |            |   |  |
| 38.87 L                      | F     | 50 Free    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 1:27.25 L                    | F     | 100 Free   | 21/10/2017 | Neath ASC Open Meet                       |  |
| 47.41 L S                    | F     | 50 Back    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 54.57 L                      | F     | 50 Breast  | 21/10/2017 | Neath ASC Open Meet                       |  |
| 52.84 L                      | F     | 50 Fly     | 21/10/2017 | Neath ASC Open Meet                       |  |
| 3:47.52 L S                  | F     | 200 IM     | 21/10/2017 | Neath ASC Open Meet                       |  |
| <b>Toby Sturley (13) M</b>   |       |            |            |   |  |
| 30.07 L                      | P     | 50 Free    | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:03.83 L                    | F     | 100 Free   | 21/10/2017 | Neath ASC Open Meet                       |  |
| 2:19.76 L                    | F     | 200 Free   | 21/10/2017 | Neath ASC Open Meet                       |  |
| 5:17.79 L                    | F     | 400 Free   | 01/08/2016 | Welsh Summer Development Meet 2016        |  |
| 35.83 L                      | P     | 50 Back    | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 1:14.16 L                    | F     | 100 Back   | 21/10/2017 | Neath ASC Open Meet                       |  |
| 2:37.57 L                    | P     | 200 Back   | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 42.39 L                      | P     | 50 Breast  | 01/08/2016 | Welsh Summer Development Meet 2016        |  |
| 1:24.37 L S                  | F     | 100 Breast | 21/10/2017 | Neath ASC Open Meet                       |  |
| 2:58.38 L                    | F     | 200 Breast | 21/10/2017 | Neath ASC Open Meet                       |  |
| 33.09 L                      | P     | 50 Fly     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| 2:36.97 L                    | F     | 200 IM     | 21/10/2017 | Neath ASC Open Meet                       |  |
| 5:35.19 L                    | F     | 400 IM     | 14/04/2017 | Swim Wales Long Course Championships 2017 |  |
| <b>Abigail Thomas (10) F</b> |       |            |            |   |  |
| 38.98 L                      | F     | 50 Free    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 1:25.55 L                    | F     | 100 Free   | 31/07/2017 | Welsh Summer Development Meet 2017        |  |
| 3:09.80 L                    | F     | 200 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 6:49.75 L                    | F     | 400 Free   | 15/09/2017 | Swim Wales Legends Meet 2017              |  |
| 47.27 L S                    | F     | 50 Back    | 21/10/2017 | Neath ASC Open Meet                       |  |
| 50.53 L                      | F     | 50 Breast  | 21/10/2017 | Neath ASC Open Meet                       |  |
| 1:57.66 L                    | F     | 100 Breast | 31/07/2017 | Welsh Summer Development Meet 2017        |  |
| 43.66 L                      | F     | 50 Fly     | 21/10/2017 | Neath ASC Open Meet                       |  |
| 3:32.90 L S                  | F     | 200 IM     | 21/10/2017 | Neath ASC Open Meet                       |  |
| <b>Daniel Thomas (20) 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 |  |

## Individual Top Times

### Show Long Course Only

| Time                            | P/F/S | Event      |            |  |  |
|---------------------------------|-------|------------|------------|--|--|
| <b>Daniel Thomas (20) M</b>     |       |            |            |  |  |
| 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  | 18/06/2012 | Best Times LCM                             |  |
| 36.81 L S                       | P     | 50 Breast  | 06/04/2012 | Welsh Age Group & Youth Championship       |  |
| 1:18.57 L S                     | F     | 100 Breast | 18/06/2012 | Best Times LCM                             |  |
| 1:18.57 L                       | F     | 100 Breast | 06/04/2012 | Welsh Age Group & Youth Championship       |  |
| 2:59.98 L                       | P     | 200 Breast | 03/08/2010 | Welsh Summer Nationals                     |  |
| 2:59.98 L S                     | P     | 200 Breast | 18/06/2012 | Best Times LCM                             |  |
| 27.27 L                         | F     | 50 Fly     | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 1:01.31 L                       | P     | 100 Fly    | 23/07/2015 | Welsh Summer Nationals 2015                |  |
| 2:15.77 L                       | F     | 200 Fly    | 18/04/2014 | Welsh Age Group & Youth Championships 2014 |  |
| 2:22.46 L                       | F     | 200 IM     | 14/12/2012 | British Gas Swim Wales Winter Open Champs  |  |
| 5:01.93 L                       | F     | 400 IM     | 21/07/2012 | Welsh Summer Nats12 - WELSH Reg Swimmers   |  |
| <b>Charlotte Whalley (13) F</b> |       |            |            |  |  |
| 21.90 L                         | F     | 25 Free    | 25/06/2004 | 2004 Long Course Open Meet                 |  |
| 28.30 L                         | F     | 50 Free    | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 1:01.96 L                       | P     | 100 Free   | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 2:20.21 L                       | F     | 200 Free   | 01/08/2016 | Welsh Summer Development Meet 2016         |  |
| 2:20.21 L                       | F     | 200 Free   | 01/08/2016 | Welsh Summer Open Meet 2016                |  |
| 4:56.39 L                       | F     | 400 Free   | 12/05/2017 | Swim Swansea Long Course 2017              |  |
| 24.96 L                         | F     | 25 Back    | 25/06/2004 | 2004 Long Course Open Meet                 |  |
| 33.07 L                         | F     | 50 Back    | 01/08/2016 | Welsh Summer Development Meet 2016         |  |
| 33.07 L                         | F     | 50 Back    | 01/08/2016 | Welsh Summer Open Meet 2016                |  |
| 1:09.41 L                       | F     | 100 Back   | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 2:29.41 L                       | P     | 200 Back   | 14/04/2017 | Swim Wales Long Course Championships 2017  |  |
| 28.29 L                         | F     | 25 Breast  | 25/06/2004 | 2004 Long Course Open Meet                 |  |
| 37.53 L                         | F     | 50 Breast  | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 1:25.26 L                       | F     | 100 Breast | 27/05/2016 | Plymouth Leander Level 1 Meet              |  |
| 3:00.94 L                       | F     | 200 Breast | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 23.99 L                         | F     | 25 Fly     | 25/06/2004 | 2004 Long Course Open Meet                 |  |
| 32.54 L                         | F     | 50 Fly     | 25/03/2016 | Swim Wales Long Course Championships 2016  |  |
| 1:14.94 L                       | F     | 100 Fly    | 08/04/2016 | City of Bristol Level 1 April 2016         |  |
| 3:03.69 L                       | F     | 200 Fly    | 31/01/2016 | Burns Open Meet 2016                       |  |
| 2:02.20 L                       | F     | 100 IM     | 25/06/2004 | 2004 Long Course Open Meet                 |  |
| 2:36.43 L                       | F     | 200 IM     | 25/03/2016 | Swim Wales Long Course Championships 2016  |  |
| 5:41.93 L                       | F     | 400 IM     | 25/03/2016 | Swim Wales Long Course Championships 2016  |  |
| <b>Abbie Williams (17) F</b>    |       |            |            |  |  |
| 32.35 L                         | P     | 50 Free    | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:08.41 L                       | P     | 100 Free   | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 2:27.65 L                       | F     | 200 Free   | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 5:24.46 L S                     | F     | 400 Free   | 27/07/2013 | Welsh Summer Nats13 - WELSH Reg Swimmers   |  |
| 11:00.07 L                      | F     | 800 Free   | 27/07/2013 | Welsh Summer Nats13 - WELSH Reg Swimmers   |  |
| 36.58 L                         | F     | 50 Back    | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:20.09 L                       | P     | 100 Back   | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 2:49.43 L                       | F     | 200 Back   | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 43.25 L S                       | F     | 50 Breast  | 06/07/2013 | Gemau Cymru 2013                           |  |
| 1:32.15 L                       | F     | 100 Breast | 06/07/2013 | Gemau Cymru 2013                           |  |
| 3:33.86 L                       | P     | 200 Breast | 11/05/2012 | Swim Swansea Long Course 2012              |  |
| 37.71 L S                       | P     | 50 Fly     | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:23.65 L                       | P     | 100 Fly    | 06/07/2013 | Gemau Cymru 2013                           |  |
| 2:49.10 L                       | P     | 200 IM     | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| <b>Ellie Williams (15) F</b>    |       |            |            |  |  |
| 35.62 L                         | P     | 50 Free    | 16/05/2014 | Swim Swansea Long Course 2014              |  |
| 1:25.13 L                       | P     | 100 Free   | 06/07/2013 | Gemau Cymru 2013                           |  |
| 1:40.62 L                       | P     | 100 Back   | 06/07/2013 | Gemau Cymru 2013                           |  |
| 52.16 L S                       | P     | 50 Breast  | 06/07/2013 | Gemau Cymru 2013                           |  |
| 1:48.70 L                       | P     | 100 Breast | 06/07/2013 | Gemau Cymru 2013                           |  |
| 46.52 L S                       | P     | 50 Fly     | 06/07/2013 | Gemau Cymru 2013                           |  |
| 3:22.93 L                       | P     | 200 IM     | 06/07/2013 | Gemau Cymru 2013                           |  |
| <b>Jayden Wilson (10) F</b>     |       |            |            |  |  |
| 47.03 L                         | F     | 50 Free    | 22/10/2016 | Neath ASC Open Meet                        |  |
| 53.54 L S                       | F     | 50 Back    | 22/10/2016 | Neath ASC Open Meet                        |  |
| 59.76 L                         | F     | 50 Breast  | 22/10/2016 | Neath ASC Open Meet                        |  |

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### Individual Top Times

**Show Long Course Only**

| Time                        | P/F/S | Event      |            |  |
|-----------------------------|-------|------------|------------|--|
| <b>Jayden Wilson (10) F</b> |       |            |            |  |
| 55.70 L                     | F     | 50 Fly     | 22/10/2016 | Neath ASC Open Meet                    |
| 4:07.80 L S                 | F     | 200 IM     | 22/10/2016 | Neath ASC Open Meet                    |
| <b>Tayla Wilson (13) F</b>  |       |            |            |  |
| 33.23 L                     | P     | 50 Free    | 27/05/2016 | Plymouth Leander Level 1 Meet          |
| 1:11.04 L                   | F     | 100 Free   | 21/10/2017 | Neath ASC Open Meet                    |
| 2:36.88 L                   | F     | 200 Free   | 12/05/2017 | Swim Swansea Long Course 2017          |
| 5:58.29 L                   | F     | 400 Free   | 24/10/2015 | Neath ASC Open Meet                    |
| 38.52 L                     | P     | 50 Back    | 01/08/2016 | Welsh Summer Development Meet 2016     |
| 1:21.15 L S                 | F     | 100 Back   | 21/10/2017 | Neath ASC Open Meet                    |
| 2:47.35 L                   | F     | 200 Back   | 21/10/2017 | Neath ASC Open Meet                    |
| 46.72 L                     | F     | 50 Breast  | 24/10/2015 | Neath ASC Open Meet                    |
| 1:31.80 L                   | F     | 100 Breast | 21/10/2017 | Neath ASC Open Meet                    |
| 3:08.71 L                   | F     | 200 Breast | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017 |
| 38.33 L                     | F     | 50 Fly     | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017 |
| 1:26.10 L                   | F     | 100 Fly    | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017 |
| 2:50.01 L                   | F     | 200 IM     | 21/10/2017 | Neath ASC Open Meet                    |
| 6:11.44 L                   | F     | 400 IM     | 17/06/2017 | Torfaen Dolphins Long Course Meet 2017 |