

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson

Show Long Course Only

Time	P/F/S	Event			
Skye Bruce (10) F					
45.98 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
46.20 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:03.76 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
53.77 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Florence Buckley (9) F					
1:12.64 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:06.17 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:19.14 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Holly-Jane Callen (13) F					
35.28 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
47.88 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
42.12 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:01.80 L	F	200 IM	05/01/2019	RCT Level 3 New Year Open Meet	
Megan Cole (13) F					
46.37 L	F	50 Free	24/10/2015	Neath ASC Open Meet	
53.10 L S	F	50 Back	24/10/2015	Neath ASC Open Meet	
53.95 L	F	50 Breast	24/10/2015	Neath ASC Open Meet	
1:00.24 L	F	50 Fly	24/10/2015	Neath ASC Open Meet	
4:12.95 L S	F	200 IM	24/10/2015	Neath ASC Open Meet	
Rhys Davies (18) M					
27.07 L	P	50 Free	01/12/2017	Swim Wales Winter Championships 2017	
58.89 L	P	100 Free	01/12/2017	Swim Wales Winter Championships 2017	
2:08.02 L	F	200 Free	14/01/2018	Co Derby Level 1 Long Course 2	
4:37.82 L	F	400 Free	08/04/2016	City of Bristol Level 1 April 2016	
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	
1:04.77 L	F	100 Fly	14/06/2019	British Masters 2019	
2:31.55 L	P	200 Fly	01/08/2016	Welsh Summer Development Meet 2016	
2:31.55 L	P	200 Fly	01/08/2016	Welsh Summer Open Meet 2016	
2:27.21 L	P	200 IM	01/12/2017	Swim Wales Winter Championships 2017	
5:01.50 L	F	400 IM	30/07/2018	Swim Wales Summer Open Meet 2018	
Arron Fitzsimmons (14) M					
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	
Hannah Greenwood (14) F					

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Time	P/F/S	Event			
Hannah Greenwood (14) F					
33.88 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
47.69 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
2:03.29 L	F	100 Breast	09/01/2016	Swim Wales New Year Pentathlon	
35.70 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
Cerys Griffiths (9) F					
43.91 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
52.62 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:10.07 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
58.13 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Charlie Hackett (10) M					
1:00.33 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:18.44 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:23.58 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Georgia Hechter (12) F					
37.90 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
44.31 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
Abigail Hillary (11) F					
36.64 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:28.64 L	F	100 Free	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
48.19 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
53.65 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
2:03.49 L	F	100 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	
52.15 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Benjamin Hillary (13) M					
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	
43.17 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
2:04.45 L	F	100 Breast	09/01/2016	Swim Wales New Year Pentathlon	
34.72 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
2:46.80 L	F	200 IM	13/07/2019	Cardiff Bay Sprint Meet 2019	
Amelie Hounsell (10) F					
39.79 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
46.51 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:00.26 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
50.14 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Cai Johnson (12) M					
45.54 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:51.50 L	F	100 Free	05/01/2019	RCT Level 3 New Year Open Meet	
51.01 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:53.54 L	F	100 Back	05/01/2019	RCT Level 3 New Year Open Meet	
1:01.74 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
1:05.47 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Molly Jones (13) F					
40.54 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
47.37 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
46.37 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
46.27 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	

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Time	P/F/S	Event			
Callum Keane (9) M					
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	
Jayden Keane (13) M					
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	
Lewys Kettle (15) M					
33.44	L F	50 Free	15/09/2017	Swim Wales Legends Meet 2017	
1:24.60	L F	100 Free	09/01/2016	Swim Wales New Year Pentathlon	
3:03.28	L F	200 Free	18/09/2015	Swim Wales Legends Meet 2015	
6:37.08	L F	400 Free	09/01/2015	British Gas Swim Wales New Year Meet	
x46.49	L F	50 Back	09/01/2015	British Gas Swim Wales New Year Meet	
1:38.63	L F	100 Back	09/01/2016	Swim Wales New Year Pentathlon	
3:29.69	L F	200 Back	18/09/2015	Swim Wales Legends Meet 2015	
48.11	L P	50 Breast	23/07/2015	Welsh Summer Nationals 2015	
1:30.48	L F	100 Breast	15/09/2017	Swim Wales Legends Meet 2017	
3:12.26	L F	200 Breast	15/09/2017	Swim Wales Legends Meet 2017	
40.94	L F	50 Fly	15/09/2017	Swim Wales Legends Meet 2017	
1:45.40	L F	100 Fly	09/01/2016	Swim Wales New Year Pentathlon	
3:01.83	L F	200 IM	15/09/2017	Swim Wales Legends Meet 2017	
Rowan Kettle (18) M					
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	
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	
Georgia Lee (14) F					
31.43	L F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
41.67	L F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:31.51	L F	200 Breast	16/06/2018	Torfaen Dolphins Long Course Meet 2018	

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Time	P/F/S	Event			
Georgia Lee (14) F					
37.61 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:02.92 L	F	200 IM	13/07/2019	Cardiff Bay Sprint Meet 2019	
Martha Lee (11) F					
47.40 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
1:09.16 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Fleur Lord (12) F					
43.32 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
49.95 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
53.09 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Malachi Lyseight-Jones (11) M					
40.41 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
48.38 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
56.32 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
2:11.29 L	F	100 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
54.39 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Keira Montague (9) F					
48.11 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
56.53 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:06.52 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:06.51 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Mason Montague (11) M					
36.37 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:34.80 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
42.67 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
48.79 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
45.82 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
Ben Morgan (9) M					
40.26 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
51.11 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
59.04 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
5:06.73 L	F	200 Breast	05/01/2019	RCT Level 3 New Year Open Meet	
51.69 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
4:56.60 L	F	200 Fly	05/01/2019	RCT Level 3 New Year Open Meet	
3:51.80 L	F	200 IM	13/07/2019	Cardiff Bay Sprint Meet 2019	
Jack Morgan (11) M					
35.32 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
43.52 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:34.21 L	F	200 Back	05/01/2019	RCT Level 3 New Year Open Meet	
53.47 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
42.88 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
3:14.11 L	F	200 IM	13/07/2019	Cardiff Bay Sprint Meet 2019	
Sophie Moseley (12) F					
39.15 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
3:18.59 L	F	200 Free	05/01/2019	RCT Level 3 New Year Open Meet	
43.92 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
54.78 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	

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Time	P/F/S	Event			
Sophie Moseley (12) F					
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	
Ffion Moses (14) F					
32.35 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
45.74 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
Ioan Mutter (13) M					
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	
Alice Oliver (11) F					
40.25 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
45.95 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
Rosie Oliver (9) F					
46.51 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
56.02 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
William Pugh (9) M					
51.37 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
57.95 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:19.63 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Charlie Shiels (14) M					
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	
Toby Sturley (15) M					
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	

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Time	P/F/S	Event			
Toby Sturley (15) M					
5:27.74 L	F	400 IM	01/12/2017	Swim Wales Winter Championships 2017	
Abigail Thomas (12) F					
33.82 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
42.19 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
48.69 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:57.66 L	F	100 Breast	31/07/2017	Welsh Summer Development Meet 2017	
37.76 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
3:20.58 L	F	200 IM	13/07/2019	Cardiff Bay Sprint Meet 2019	
Daniel Thomas (21) M					
27.03 L	F	50 Free	22/05/2015	Plymouth Leander Level 1 Meet	
59.65 L	P	100 Free	16/05/2014	Swim Swansea Long Course 2014	
2:09.61 L	F	200 Free	10/01/2014	British Gas Swim Wales New Year Meet	
4:32.27 L	F	400 Free	27/07/2013	Welsh Summer Nats13 - WELSH Reg Swimmers	
9:19.88 L S	F	800 Free	17/05/2013	Swim Swansea Long Course 2013	
17:35.54 L	F	1500 Free	17/05/2013	Swim Swansea Long Course 2013	
30.14 L	F	50 Back	03/04/2015	Swim Wales Long Course Championships 2015	
1:03.89 L	F	100 Back	25/03/2016	Swim Wales Long Course Championships 2016	
2:17.17 L	F	200 Back	25/03/2016	Swim Wales Long Course Championships 2016	
36.81 L S	P	50 Breast	06/04/2012	Welsh Age Group & Youth Championship	
36.81 L S	P	50 Breast	18/06/2012	Best Times LCM	
1:18.57 L S	F	100 Breast	18/06/2012	Best Times LCM	
1:18.57 L	F	100 Breast	06/04/2012	Welsh Age Group & Youth Championship	
2:59.98 L	P	200 Breast	03/08/2010	Welsh Summer Nationals	
2:59.98 L S	P	200 Breast	18/06/2012	Best Times LCM	
27.27 L	F	50 Fly	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	
Carys Thompson (12) F					
42.19 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
53.61 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
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	
Daniel Twynam (15) M					
33.85 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
44.24 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Leon Twynam (13) M					
37.62 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
45.40 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
50.71 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Stephanie Voyle (11) F					
1:03.10 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:02.48 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
1:06.25 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
Mylia Webb (10) F					
45.11 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019	
53.08 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019	
55.61 L	F	50 Breast	13/07/2019	Cardiff Bay Sprint Meet 2019	
55.55 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019	

Individual Top Times

Show Long Course Only

Time	P/F/S	Event	Date	Event Name
Saskia Webb (12) F				
36.48 L	F	50 Free	13/07/2019	Cardiff Bay Sprint Meet 2019
42.86 L	F	50 Back	13/07/2019	Cardiff Bay Sprint Meet 2019
42.67 L	F	50 Fly	13/07/2019	Cardiff Bay Sprint Meet 2019
Samuel Withers (21) M				
25.22 L S	F	50 Free	14/06/2019	British Masters 2019
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	F	800 Free	02/04/2010	Welsh Age Group & Youth Championship
10:34.92 L S	F	800 Free	18/06/2012	Best Times LCM
20:42.17 L	F	1500 Free	02/04/2010	Welsh Age Group & Youth Championship
20:42.17 L S	F	1500 Free	18/06/2012	Best Times LCM
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	19/11/2010	British Gas Swim Wales Winter Nats
43.62 L S	P	50 Breast	18/06/2012	Best Times LCM
1:25.91 L S	F	100 Breast	18/06/2012	Best Times LCM
1:25.91 L	F	100 Breast	15/10/2011	Swim Swansea Open Meet 2011
3:12.18 L	P	200 Breast	19/11/2010	British Gas Swim Wales Winter Nats
3:12.18 L S	P	200 Breast	18/06/2012	Best Times LCM
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 S	P	200 Fly	18/06/2012	Best Times LCM
2:41.43 L	P	200 Fly	14/05/2011	Swim Swansea Long Course 2011
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