

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson

Show Long Course Only

Time	P/F/S	Event			
Holly-Jane Callen (11) F					
1:46.16 L	F	100 Breast	31/07/2017	Welsh Summer Development Meet 2017	
Megan Cole (11) 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	
Arron Fitzsimmons (12) M					
31.35 L	P	50 Free	12/05/2017	Swim Swansea Long Course 2017	
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	
35.86 L	P	50 Back	14/04/2017	Swim Wales Long Course Championships 2017	
1:14.78 L L	F	100 Back	14/04/2017	Swim Wales Long Course Championships 2017	
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	
1:28.20 L	P	100 Breast	12/05/2017	Swim Swansea Long Course 2017	
3:13.26 L	F	200 Breast	12/05/2017	Swim Swansea Long Course 2017	
35.42 L	F	50 Fly	12/05/2017	Swim Swansea Long Course 2017	
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	
Hannah Greenwood (13) F					
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	
Owyn Griffiths (13) M					
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	
Tomas Griffiths (15) M					
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	
Benjamin Hillary (11) M					
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	
Bethan Jones (14) F					
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		
Bethan Jones (14) F				
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
Jayden KEANE (12) M				
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
Lewys Kettle (14) 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 (16) M				
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
Ben Lewis (14) M				
38.35 L	F	50 Free	12/07/2014	Cardiff Bay Sprint Meet 2014
1:35.20 L S	F	100 Free	20/09/2013	Swim Wales Legends Meet 2013
3:12.44 L	F	200 Free	20/09/2013	Swim Wales Legends Meet 2013
45.13 L	F	50 Back	12/07/2014	Cardiff Bay Sprint Meet 2014
3:33.32 L	F	200 Back	20/09/2013	Swim Wales Legends Meet 2013
52.19 L	F	50 Breast	12/07/2014	Cardiff Bay Sprint Meet 2014
2:04.68 L	F	100 Breast	20/09/2013	Swim Wales Legends Meet 2013
51.19 L	F	50 Fly	12/07/2014	Cardiff Bay Sprint Meet 2014
3:38.55 L	F	200 IM	12/07/2014	Cardiff Bay Sprint Meet 2014
Caera Lewis (11) F				
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

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Time	P/F/S	Event			
Caera Lewis (11) F					
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	
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	
Edward Lister (11) M					
1:41.60 L	F	100 Fly	31/07/2017	Welsh Summer Development Meet 2017	
Rosie Llewellyn (15) F					
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	
Lauren Omnet (14) F					
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	P	200 Breast	14/04/2017	Swim Wales Long Course Championships 2017	
2:59.25 L	F	200 Breast	12/05/2017	Swim Swansea Long Course 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	
Lucy Omnet (17) F					
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	
Ellie Parks (18) F					
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	

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Time	P/F/S	Event			
Ellie Parks (18) F					
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	
6:07.61 L	F	400 IM	13/04/2013	City Of Bristol L1 Meet	
Lily Rice (13) F					
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	
Georgia Shiels (14) F					
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	
Toby Sturley (13) M					
30.07 L	P	50 Free	14/04/2017	Swim Wales Long Course Championships 2017	
1:05.99 L S	F	100 Free	19/09/2014	Swim Wales Legends Meet 2014	
2:23.62 L	P	200 Free	14/04/2017	Swim Wales Long Course Championships 2017	
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	
1:22.03 L	F	100 Back	03/04/2015	Swim Wales Long Course Championships 2015	
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	
1:37.26 L	F	100 Breast	03/04/2015	Swim Wales Long Course Championships 2015	
3:11.45 L	F	200 Breast	01/08/2016	Welsh Summer Development Meet 2016	
33.09 L	P	50 Fly	14/04/2017	Swim Wales Long Course Championships 2017	
2:47.10 L	P	200 IM	01/08/2016	Welsh Summer Development Meet 2016	
5:35.19 L	F	400 IM	14/04/2017	Swim Wales Long Course Championships 2017	
Abigail Thomas (10) F					
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	
1:57.66 L	F	100 Breast	31/07/2017	Welsh Summer Development Meet 2017	
3:35.65 L	F	200 IM	31/07/2017	Welsh Summer Development Meet 2017	
Daniel Thomas (20) 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	

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Daniel Thomas (20) M					
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	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	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	
Charlotte Whalley (13) F					
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 Open Meet 2016	
2:20.21 L	F	200 Free	01/08/2016	Welsh Summer Development 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	
Abbie Williams (17) F					
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	
Ellie Williams (15) F					
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	
Jayden Wilson (10) F					
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	
55.70 L	F	50 Fly	22/10/2016	Neath ASC Open Meet	

Individual Top Times

Show Long Course Only

Time	P/F/S	Event			
Jayden Wilson (10) F					
4:07.80 L S	F	200 IM		22/10/2016	Neath ASC Open Meet
Tayla Wilson (13) F					
33.23 L	P	50 Free		27/05/2016	Plymouth Leander Level 1 Meet
1:11.98 L	F	100 Free		17/06/2017	Torfaen Dolphins Long Course Meet 2017
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
1:22.09 L	F	100 Back		17/06/2017	Torfaen Dolphins Long Course Meet 2017
2:49.79 L	F	200 Back		12/05/2017	Swim Swansea Long Course 2017
46.72 L	F	50 Breast		24/10/2015	Neath ASC Open Meet
1:33.64 L	F	100 Breast		17/06/2017	Torfaen Dolphins Long Course Meet 2017
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
2:51.53 L	F	200 IM		17/06/2017	Torfaen Dolphins Long Course Meet 2017
6:11.44 L	F	400 IM		17/06/2017	Torfaen Dolphins Long Course Meet 2017