

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson Show Short Course Only

Time	P/F/S	Event			
Lily Busby (10) F					
19.34 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
37.04 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:22.37 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
3:14.07 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
20.35 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
39.36 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:25.01 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
24.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.19 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:53.88 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
22.88 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
45.94 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:35.12 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:28.60 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Holly-Jane Callen (12) F					
36.52 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:19.74 S	P	100 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
2:55.41 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
7:28.57 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
47.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:40.23 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
45.05 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:34.74 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
3:17.92 S	F	200 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
47.55 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:44.04 S	F	100 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:34.28 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:11.24 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Leah Carroll (11) F					
37.87 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:18.87 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:56.36 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
6:07.87 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
42.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:29.62 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
3:06.85 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
51.07 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:50.34 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
47.89 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.70 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:36.72 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:18.73 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Megan Cole (12) F					
20.07 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
35.07 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:19.32 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:52.28 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:42.15 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
24.67 S	F	25 Back	12/12/2014	Pembroke & District 40th Annual Championships	
42.88 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:33.82 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
26.81 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
45.90 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:36.52 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
3:40.09 S	F	200 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
24.13 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
39.14 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:30.69 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:30.21 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	

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Time	P/F/S	Event			
Megan Cole (12) F					
3:12.85 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
7:11.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
Shanai Colley (12) F					
1:00.71 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:26.69 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:14.72 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
Nyah Elliott (11) F					
59.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.50 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.63 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
Aria Evans (9) F					
21.94 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:46.31 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.61 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
23.19 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:05.32 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:03.37 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
28.39 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:11.50 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:24.76 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:12.69 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:35.63 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Ben Evans (11) M					
52.79 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:13.74 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:00.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:20.51 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:10.53 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
Charlotte Evans (12) F					
20.84 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
38.52 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:29.30 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
3:23.41 S	F	200 Free	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
21.33 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
46.07 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:41.96 S	F	100 Back	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
4:02.03 S	F	200 Back	26/09/2015	Pembrokeshire County Championships 2015	
30.88 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
54.29 S	F	50 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
1:58.32 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
4:43.30 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
25.25 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
42.30 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
1:49.27 S	F	100 Fly	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
1:43.58 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
3:36.25 S	F	200 IM	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
Marilla Evans (10) F					
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
36.87 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.78 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:58.41 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
21.13 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
44.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
23.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.87 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:38.15 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
18.81 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
41.41 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:45.78 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	

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Time	P/F/S	Event			
Marilla Evans (10) F					
1:35.62 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:21.90 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Niamh Evans (10) F					
29.62 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
47.46 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:00.27 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:11.05 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:02.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.91 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:13.85 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:01.37 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.42 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:47.71 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:12.95 S	F	100 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:48.17 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Arron Fitzsimmons (13) M					
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge	
29.32 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:03.51 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:19.69 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
4:52.96 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
19:13.38 S	F	1500 Free	02/02/2018	West Wales Regionals 2018	
20.12 S	F	25 Back	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
32.90 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:10.67 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
1:10.67 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:29.84 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
22.15 S	F	25 Breast	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
36.05 S	F	50 Breast	02/02/2018	West Wales Regionals 2018	
1:22.13 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
3:00.91 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
21.85 S	F	25 Fly	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
33.04 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:13.11 S	F	100 Fly	02/02/2018	West Wales Regionals 2018	
3:36.93 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:12.70 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
2:35.45 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
5:32.08 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Hannah Greenwood (13) F					
21.83 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
31.52 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:08.54 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:30.49 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
5:31.86 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
11:20.41 S	F	800 Free	24/11/2017	West Wales Sub Regional Competition 2017	
20.82 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
34.77 S	F	50 Back	02/02/2018	West Wales Regionals 2018	
1:14.28 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
2:39.87 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
46.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:37.01 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
37.48 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:27.35 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:20.98 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
2:49.46 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
8:03.25 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Cerys Griffiths (7) F					
22.56 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
53.04 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
26.47 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	

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Time	P/F/S	Event			
Cerys Griffiths (7) F					
59.81 S	F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
35.80 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:09.47 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.28 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:15.31 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Tomas Griffiths (15) M					
22.46 S	F	25 Free	24/10/2009	Pembrokeshire County Swimming Championships	
33.40 S	P	50 Free	29/01/2016	West Wales Regionals 2016	
1:13.61 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:32.10 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:47.30 S	F	400 Free	27/11/2015	West Wales Sub Regional Competition 2015	
21:14.47 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:29.75 S	F	100 Back	24/05/2015	Amman Valley Open Meet 2015	
3:22.10 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014	
43.92 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	
1:36.01 S	P	100 Breast	29/01/2016	West Wales Regionals 2016	
3:31.31 S	F	200 Breast	29/11/2014	West Wales Sub Regional Competition 2014	
50.95 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:56.04 S	F	100 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
1:36.71 S	F	100 IM	12/12/2014	Pembroke & District 40th Annual Championships	
3:11.94 S	F	200 IM	24/05/2015	Amman Valley Open Meet 2015	
Abigail Hillary (9) F					
18.72 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
39.06 S	P	50 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
1:43.33 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
26.10 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
48.78 S	P	50 Back	10/03/2018	Llanelli ASC - Open Meet 2018	
1:48.12 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
23.51 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
53.50 S	F	50 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
1:57.99 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.00 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.75 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:45.44 S	F	100 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Benjamin Hillary (12) M					
17.22 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
32.62 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:13.84 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:46.97 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:12.66 S	F	400 Free	25/11/2016	West Wales Sub Regional Competition 2016	
20.95 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
36.84 S L	F	50 Back	02/02/2018	West Wales Regionals 2018	
1:20.97 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
3:09.18 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
45.67 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:42.36 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
4:06.99 S	F	200 Breast	20/03/2016	West Wales Region 'No Time' Gala 2016	
35.81 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:24.14 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:27.56 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:55.94 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
Amelie Hounsell (8) F					
20.56 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
48.86 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
23.06 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
Toby Hounsell (10) M					
50.61 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
Lena Hughes (13) F					
36.41 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:15.26 S	F	100 Free	24/11/2017	West Wales Sub Regional Competition 2017	

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Time	P/F/S	Event			
Lena Hughes (13) F					
2:47.40	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
6:04.34	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
23.76	S	F	25	Back	03/05/2014 Dyfed Junior Challenge
37.03	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:22.96	S	F	100	Back	14/10/2017 Pembrokeshire County Championships 2017
3:41.15	S	F	200	Back	27/11/2015 West Wales Sub Regional Competition 2015
42.88	S	F	50	Breast	24/11/2017 West Wales Sub Regional Competition 2017
1:35.29	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
3:25.83	S	F	200	Breast	14/10/2017 Pembrokeshire County Championships 2017
39.59	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:32.03	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
3:58.90	S	F	200	Fly	20/03/2016 West Wales Region 'No Time' Gala 2016
1:26.31	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:07.82	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
6:37.02	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Maddy James (11) F					
50.88	S	F	50	Free	09/12/2016 Pembroke & District 42nd Annual Championships
58.00	S	F	50	Back	09/12/2016 Pembroke & District 42nd Annual Championships
1:55.15	S	F	100	IM	14/10/2017 Pembrokeshire County Championships 2017
Cai Johnson (10) M					
26.80	S	F	25	Free	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
1:52.38	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:36.51	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
59.68	S	F	50	Back	09/04/2017 West Wales Region 'No Time' Gala 2017
2:06.48	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
2:21.89	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
36.95	S	F	25	Fly	09/12/2016 Pembroke & District 42nd Annual Championships
4:47.81	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Bethan Jones (14) F					
19.34	S	F	25	Free	11/11/2011 Milford Tigers Club Championships
29.29	S	F	50	Free	03/02/2017 West Wales Regionals 2017
1:02.63	S	P	100	Free	02/12/2016 Swim Wales Short Course Championships 2016
2:16.46	S	F	200	Free	14/10/2017 Pembrokeshire County Championships 2017
4:48.52	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
9:46.99	S	F	800	Free	24/11/2017 West Wales Sub Regional Competition 2017
24.84	S	F	25	Back	11/11/2011 Milford Tigers Club Championships
32.41	S	F	50	Back	03/02/2017 West Wales Regionals 2017
1:10.35	S	F	100	Back	03/02/2017 West Wales Regionals 2017
2:31.57	S	F	200	Back	24/11/2017 West Wales Sub Regional Competition 2017
22.85	S	F	25	Breast	01/06/2013 Dyfed Junior Challenge
36.50	S	F	50	Breast	03/02/2017 West Wales Regionals 2017
1:19.77	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
2:58.62	S	F	200	Breast	29/01/2016 West Wales Regionals 2016
15.37	S	F	25	Fly	06/06/2015 Dyfed Junior Challenge
30.04	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:07.46	S	P	100	Fly	02/12/2016 Swim Wales Short Course Championships 2016
2:27.19	S	F	200	Fly	22/11/2016 Stockport Metro November Meet
1:11.60	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:31.61	S	P	200	IM	22/11/2016 Stockport Metro November Meet
5:23.05	S	F	400	IM	14/10/2017 Pembrokeshire County Championships 2017
Cai Jones (11) M					
1:57.14	S	F	100	Free	14/10/2017 Pembrokeshire County Championships 2017
4:01.27	S	F	200	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
2:13.83	S	F	100	Breast	14/10/2017 Pembrokeshire County Championships 2017
4:39.00	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Molly Jones (12) F					
44.22	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
1:38.46	S	F	100	Free	24/11/2017 West Wales Sub Regional Competition 2017
4:05.89	S	F	200	Free	25/11/2016 West Wales Sub Regional Competition 2016
50.84	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017

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Time	P/F/S	Event			
Molly Jones (12) F					
1:50.78 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
47.44 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:47.51 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:53.21 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:53.41 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:58.20 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Callum Keane (8) M					
47.16 S	F	50 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:44.65 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:55.90 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
23.20 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
54.07 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:55.24 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
27.86 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:10.46 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:11.55 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
25.60 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:07.72 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
Jayden KEANE (12) M					
24.65 S	F	25 Free	09/07/2012	Tenby Dolphins Club Championships 2012	
31.44 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:10.27 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:27.32 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
5:21.63 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
20:17.33 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
25.91 S	F	25 Back	02/11/2013	Neath ASC Open Meet 2013	
37.36 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:20.31 S	F	100 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
3:44.78 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014	
24.39 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
45.67 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:34.47 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
3:40.17 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.03 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
35.65 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:25.46 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:22.33 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:50.67 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
6:10.44 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Carys Kenniford (10) F					
48.44 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
Lewys Kettle (14) M					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
38.28 S	F	50 Free	12/12/2014	Pembroke & District 40th Annual Championships	
1:12.51 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:33.83 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
5:35.89 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
21:18.88 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.77 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
46.07 S L	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015	
1:21.13 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
2:50.52 S	F	200 Back	24/11/2017	West Wales Sub Regional Competition 2017	
21.06 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
46.39 S	F	50 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
1:26.86 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
3:07.63 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
21.88 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
53.86 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:28.37 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:36.49 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	

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Time	P/F/S	Event			
Lewys Kettle (14) M					
1:24.51 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:52.41 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rowan Kettle (17) M					
21.64 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
26.83 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
58.24 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:14.47 S	F	200 Free	27/02/2016	Llanelli ASC - Open Meet 2016	
4:43.04 S	F	400 Free	22/11/2015	Hereford Open Meet 2015	
10:38.19 S S	F	800 Free	29/11/2014	West Wales Sub Regional Competition 2014	
18:49.14 S	F	1500 Free	27/11/2015	West Wales Sub Regional Competition 2015	
20.29 S	F	25 Back	19/05/2012	dyfed junior challenge	
30.40 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:07.74 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
2:28.52 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
21.67 S	F	25 Breast	20/01/2012	llanelli novice gala	
37.83 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:15.61 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:54.53 S	F	200 Breast	22/11/2015	Hereford Open Meet 2015	
17.20 S	F	25 Fly	22/03/2012	Pembrokeshire Schools Inter Schools Gala	
35.49 S S	F	50 Fly	21/06/2014	TORFAEN OPEN MEET LEVEL 2 2014	
1:07.70 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:50.40 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:10.37 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:26.27 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
5:23.04 S	F	400 IM	26/09/2015	Pembrokeshire County Championships 2015	
Aneurin Lee (10) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
38.46 S L	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:32.21 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:26.81 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
23.66 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
41.43 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:35.83 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
3:22.29 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.86 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
53.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
21.61 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017	
1:39.09 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:23.34 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Dylan Lee (8) M					
21.06 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
49.04 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:41.76 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:32.16 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
53.10 S	F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:03.13 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:02.37 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:02.15 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
5:01.11 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Georgia Lee (13) F					
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
33.32 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:15.93 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:44.01 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
6:11.09 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
28.61 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
42.11 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:23.02 S	P	100 Back	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event			
Georgia Lee (13) F					
2:59.14	S	F	200	Back	14/10/2017 Pembrookeshire County Championships 2017
31.68	S	F	25	Breast	06/12/2013 Pembroke & District 39th Annual Championships
46.11	S	F	50	Breast	25/11/2016 West Wales Sub Regional Competition 2016
1:33.15	S	P	100	Breast	02/02/2018 West Wales Regionals 2018
3:19.53	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
52.28	S	F	50	Fly	24/05/2015 Amman Valley Open Meet 2015
1:38.08	S	F	100	Fly	07/05/2017 Amman Valley Open Meet 2017
1:27.77	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
3:08.05	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
Martha Lee (9) F					
26.57	S	F	25	Free	09/12/2016 Pembroke & District 42nd Annual Championships
56.16	S	F	50	Free	14/10/2017 Pembrookeshire County Championships 2017
1:56.38	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
31.65	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
57.08	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
Caera Lewis (12) F					
16.91	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
34.09	S	F	50	Free	03/02/2017 West Wales Regionals 2017
1:14.65	S	F	100	Free	07/05/2017 Amman Valley Open Meet 2017
2:34.05	S	F	200	Free	02/02/2018 West Wales Regionals 2018
5:22.17	S	F	400	Free	02/02/2018 West Wales Regionals 2018
11:09.56	S	F	800	Free	02/02/2018 West Wales Regionals 2018
19.32	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
38.96	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:25.46	S	F	100	Back	07/05/2017 Amman Valley Open Meet 2017
3:03.77	S	F	200	Back	03/02/2017 West Wales Regionals 2017
22.09	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
40.49	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:28.25	S	F	100	Breast	02/02/2018 West Wales Regionals 2018
3:16.75	S	F	200	Breast	14/10/2017 Pembrookeshire County Championships 2017
18.00	S	F	25	Fly	11/12/2015 Pembroke & District 41st Annual Championships
35.39	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:28.90	S	F	100	Fly	07/05/2017 Amman Valley Open Meet 2017
3:17.64	S	F	200	Fly	14/10/2017 Pembrookeshire County Championships 2017
1:24.35	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:53.20	S	F	200	IM	14/10/2017 Pembrookeshire County Championships 2017
6:09.95	S	F	400	IM	14/10/2017 Pembrookeshire County Championships 2017
Edward Lister (11) M					
23.53	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
39.74	S	F	50	Free	09/04/2017 West Wales Region 'No Time' Gala 2017
1:25.63	S	P	100	Free	10/03/2018 Llanelli ASC - Open Meet 2018
3:07.66	S	F	200	Free	10/03/2018 Llanelli ASC - Open Meet 2018
7:11.20	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
28.60	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
54.19	S	F	50	Back	09/12/2016 Pembroke & District 42nd Annual Championships
1:46.74	S	F	100	Back	17/06/2017 West Wales Region - Junior Dev. Meet 2017
44.20	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
51.67	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:51.11	S	F	100	Breast	10/03/2018 Llanelli ASC - Open Meet 2018
29.89	S	F	25	Fly	11/12/2015 Pembroke & District 41st Annual Championships
41.42	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:37.40	S	F	100	Fly	10/03/2018 Llanelli ASC - Open Meet 2018
1:40.20	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:23.18	S	F	200	IM	10/03/2018 Llanelli ASC - Open Meet 2018
7:20.93	S	F	400	IM	10/03/2018 Llanelli ASC - Open Meet 2018
Hazel Lister (9) F					
21.09	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
46.64	S	P	50	Free	10/03/2018 Llanelli ASC - Open Meet 2018
2:03.15	S	F	100	Free	17/06/2017 West Wales Region - Junior Dev. Meet 2017
4:45.02	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017

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Time	P/F/S	Event			
Hazel Lister (9) F					
24.09 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
51.88 S	P	50 Back	10/03/2018	Llanelli ASC - Open Meet 2018	
26.81 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.16 S	P	50 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
23.41 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:17.77 S	F	50 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:49.53 S	F	100 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Rosie Llewellyn (15) F					
16.45 S	F	25 Free	20/01/2012	llanelli novice gala	
29.88 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
29.88 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:04.35 S	F	100 Free	02/02/2018	West Wales Regionals 2018	
2:18.22 S	F	200 Free	03/02/2017	West Wales Regionals 2017	
4:48.03 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
9:58.67 S	F	800 Free	02/02/2018	West Wales Regionals 2018	
22.56 S	F	25 Back	18/11/2011	Pembroke & District 37th Annual Championships	
35.87 S	P	50 Back	18/12/2015	Swim Wales Short Course Championships 2015	
1:15.85 S	F	100 Back	05/06/2016	Amman Valley Open Meet 2016	
2:45.87 S	F	200 Back	24/09/2016	Pembrokeshire County Championships 2016	
18.27 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge	
36.11 S	P	50 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
1:17.62 S	P	100 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
2:49.51 S	F	200 Breast	22/11/2016	Stockport Metro November Meet	
21.50 S	F	25 Fly	18/11/2011	Pembroke & District 37th Annual Championships	
33.02 S	P	50 Fly	18/12/2015	Swim Wales Short Course Championships 2015	
1:13.75 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:49.90 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:16.13 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:35.55 S	P	200 IM	18/12/2015	Swim Wales Short Course Championships 2015	
5:25.40 S	F	400 IM	05/06/2016	Amman Valley Open Meet 2016	
Fleur Lord (10) F					
55.84 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:57.69 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:13.64 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
57.97 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:05.45 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:37.49 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:48.69 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Rebecca Mason (10) F					
23.65 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
47.88 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.49 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
4:23.33 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
26.89 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
50.24 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:16.59 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:07.48 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.46 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.37 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:32.19 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:05.92 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:32.36 S	F	100 IM	20/03/2016	West Wales Region 'No Time' Gala 2016	
Nieve McNally (11) F					
42.63 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:43.99 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:35.47 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
8:23.50 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:09.09 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
2:16.37 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
58.29 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	

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Time	P/F/S	Event			
Ben Morgan (8) M					
21.87 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
58.46 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:49.89 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.90 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
29.35 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:00.51 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:13.96 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:46.96 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:14.90 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:44.10 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:35.02 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
Jack Morgan (10) M					
39.23 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:30.06 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:33.27 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
8:01.57 S	F	400 Free	24/11/2017	West Wales Sub Regional Competition 2017	
31:42.02 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
51.36 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
3:58.21 S	F	200 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:11.18 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:03.41 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:31.96 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:04.27 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:00.39 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:49.15 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Chloe Morris (12) F					
22.97 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
43.20 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:27.81 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.91 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.91 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
6:15.71 S	F	400 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.56 S	F	25 Back	12/12/2014	Pembroke & District 40th Annual Championships	
43.65 S	P	50 Back	03/02/2017	West Wales Regionals 2017	
1:35.34 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
3:19.49 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
29.85 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
50.24 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:48.66 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:41.27 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
26.81 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
51.26 S	F	50 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:56.04 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:38.72 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:34.12 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:41.28 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Fred Morris (9) M					
21.14 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
53.27 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:57.79 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.63 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
27.34 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:01.91 S	F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
31.51 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:03.03 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
Jessica Morris (14) F					
26.14 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
36.99 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:17.13 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jessica Morris (14) F					
2:46.44 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:06.50 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
28.72 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
49.40 S	F	50 Back	24/05/2015	Amman Valley Open Meet 2015	
1:27.49 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
3:39.16 S	F	200 Back	27/11/2015	West Wales Sub Regional Competition 2015	
26.82 S	F	25 Breast	30/11/2012	Pembroke & District 38th Annual Championships	
40.48 S	F	50 Breast	02/02/2018	West Wales Regionals 2018	
1:28.57 S	F	100 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:10.10 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
42.30 S	F	50 Fly	25/11/2016	West Wales Sub Regional Competition 2016	
1:25.63 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:56.48 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:34.46 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Sophie Moseley (11) F					
28.33 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
42.49 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:34.62 S	P	100 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
3:43.67 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
8:43.06 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
37.86 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
57.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:53.16 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
4:30.69 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
41.62 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:01.40 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:13.53 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
4:35.01 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:10.57 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:55.39 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:05.51 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:59.23 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
10:12.13 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Ioan Mutter (11) M					
20.58 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
35.33 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:26.59 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
3:13.59 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
7:04.86 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
27.65 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
43.56 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:16.37 S	F	100 Back	22/03/2015	West Wales Region 'No Time' Gala 2015	
3:43.62 S	F	200 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
25.30 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
47.86 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:49.31 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:24.69 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
42.59 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:45.74 S	F	100 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:38.17 S	F	100 IM	11/03/2017	Llanelli ASC - Open Meet 2017	
3:46.88 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
8:02.18 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Alice Oliver (10) F					
20.44 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
52.60 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:58.89 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:47.54 S	F	200 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
22.96 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:00.77 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:57.55 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Alice Oliver (10) F					
26.79 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:12.36 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.62 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:04.34 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:36.06 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Rosie Oliver (8) F					
26.90 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
57.39 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:12.26 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:31.14 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
30.38 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:03.20 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:15.68 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
33.00 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:14.22 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:36.10 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
31.57 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:29.03 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Lauren Omnet (14) F					
18.65 S	F	25 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
32.17 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:09.20 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:24.22 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
4:58.69 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
9:59.77 S	F	800 Free	02/02/2018	West Wales Regionals 2018	
20.31 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
37.13 S L	F	50 Back	03/02/2017	West Wales Regionals 2017	
1:18.29 S	P	100 Back	03/02/2017	West Wales Regionals 2017	
2:38.60 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
25.74 S	F	25 Breast	30/11/2012	Pembroke & District 38th Annual Championships	
39.25 S	P	50 Breast	03/02/2017	West Wales Regionals 2017	
1:23.12 S	F	100 Breast	03/02/2017	West Wales Regionals 2017	
2:48.30 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
22.78 S	F	25 Fly	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
41.93 S	P	50 Fly	30/01/2015	West Wales Regionals 2015	
1:20.90 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
3:09.51 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:19.90 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:41.37 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
5:34.59 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
James Price (13) M					
34.14 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
40.75 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
46.94 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:30.64 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
Toby Price (11) M					
43.82 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
57.36 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:12.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
Scarlet Rattenberry (11) F					
2:02.22 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Scarlett Rattenbury (11) F					
25.61 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
47.95 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
30.14 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
1:02.54 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016	
1:08.91 S	F	50 Breast	05/06/2016	Amman Valley Open Meet 2016	
2:16.62 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:08.50 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
2:11.18 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	

Individual Top Times

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Time	P/F/S	Event			
Scarlett Rattenbury (11) F					
4:36.48	S	F	200	IM	14/10/2017 Pembroke & District 43rd Annual Championships 2017
Charlie Shiels (13) M					
17.06	S	F	25	Free	03/05/2014 Dyfed Junior Challenge
28.94	S	F	50	Free	02/02/2018 West Wales Regionals 2018
1:06.61	S	P	100	Free	03/02/2017 West Wales Regionals 2017
2:26.08	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
5:27.87	S	F	400	Free	29/01/2016 West Wales Regionals 2016
19.42	S	F	25	Back	03/05/2014 Dyfed Junior Challenge
33.89	S	F	50	Back	22/11/2016 Stockport Metro November Meet
1:10.26	S	P	100	Back	02/02/2018 West Wales Regionals 2018
2:41.70	S	F	200	Back	03/02/2017 West Wales Regionals 2017
19.94	S	F	25	Breast	06/06/2015 Dyfed Junior Challenge
37.70	S	F	50	Breast	22/11/2016 Stockport Metro November Meet
1:18.87	S	F	100	Breast	02/02/2018 West Wales Regionals 2018
2:55.40	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
17.56	S	F	25	Fly	06/06/2015 Dyfed Junior Challenge
35.93	S	P	50	Fly	29/01/2016 West Wales Regionals 2016
1:14.44	S	F	100	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
3:02.57	S	F	200	Fly	29/01/2016 West Wales Regionals 2016
1:19.42	S	F	100	IM	09/12/2016 Pembroke & District 42nd Annual Championships
2:45.57	S	P	200	IM	02/12/2016 Swim Wales Short Course Championships 2016
5:49.09	S	F	400	IM	02/12/2016 Swim Wales Short Course Championships 2016
Georgia Shiels (14) F					
15.72	S	F	25	Free	03/05/2014 Dyfed Junior Challenge
32.65	S	F	50	Free	08/01/2017 Celtic Dolphins Sprint Meet 2017
1:17.80	S	F	100	Free	26/09/2015 Pembroke & District 43rd Annual Championships 2015
2:47.53	S	F	200	Free	27/11/2015 West Wales Sub Regional Competition 2015
6:04.20	S	F	400	Free	27/11/2015 West Wales Sub Regional Competition 2015
21.82	S	F	25	Back	30/11/2012 Pembroke & District 38th Annual Championships
38.08	S	P	50	Back	02/02/2018 West Wales Regionals 2018
1:26.04	S	F	100	Back	09/12/2016 Pembroke & District 42nd Annual Championships
2:59.19	S	F	200	Back	29/01/2016 West Wales Regionals 2016
25.75	S	F	25	Breast	30/11/2012 Pembroke & District 38th Annual Championships
39.77	S	F	50	Breast	08/01/2017 Celtic Dolphins Sprint Meet 2017
1:29.47	S	F	100	Breast	09/12/2016 Pembroke & District 42nd Annual Championships
3:24.69	S	F	200	Breast	27/11/2015 West Wales Sub Regional Competition 2015
22.44	S	F	25	Fly	30/11/2012 Pembroke & District 38th Annual Championships
39.70	S	F	50	Fly	26/09/2015 Pembroke & District 43rd Annual Championships 2015
1:42.19	S	F	100	Fly	29/11/2014 West Wales Sub Regional Competition 2014
1:23.37	S	F	100	IM	08/01/2017 Celtic Dolphins Sprint Meet 2017
3:06.61	S	F	200	IM	27/11/2015 West Wales Sub Regional Competition 2015
Ewan Sture (10) M					
22.57	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
54.67	S	F	50	Free	14/10/2017 Pembroke & District 43rd Annual Championships 2017
1:58.85	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:21.70	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
26.13	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:10.86	S	F	50	Back	09/04/2017 West Wales Region 'No Time' Gala 2017
2:25.66	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
31.09	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
30.97	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
1:15.76	S	F	50	Fly	09/04/2017 West Wales Region 'No Time' Gala 2017
2:19.30	S	F	100	Fly	08/04/2018 West Wales Region 'No Time' Gala 2018
2:29.24	S	F	100	IM	14/10/2017 Pembroke & District 43rd Annual Championships 2017
Maggie Sturley (11) F					
20.39	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
36.38	S	P	50	Free	02/02/2018 West Wales Regionals 2018
1:20.20	S	P	100	Free	02/02/2018 West Wales Regionals 2018
2:55.52	S	F	200	Free	02/02/2018 West Wales Regionals 2018
6:23.83	S	F	400	Free	24/11/2017 West Wales Sub Regional Competition 2017

Individual Top Times

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Time	P/F/S	Event			
Maggie Sturley (11) F					
23.12	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
43.40	S	P	50	Back	02/02/2018 West Wales Regionals 2018
1:45.39	S	F	100	Back	17/06/2017 West Wales Region - Junior Dev. Meet 2017
27.73	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
51.57	S	F	50	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:54.29	S	F	100	Breast	24/11/2017 West Wales Sub Regional Competition 2017
47.28	S	F	50	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:42.45	S	F	100	IM	14/10/2017 Pembrokeshire County Championships 2017
3:27.52	S	F	200	IM	02/02/2018 West Wales Regionals 2018
Toby Sturley (14) M					
15.94	S	F	25	Free	06/06/2015 Dyfed Junior Challenge
27.41	S L	F	50	Free	02/02/2018 West Wales Regionals 2018
1:02.43	S	F	100	Free	15/12/2017 Pembroke & District 43rd Annual Championships
2:10.33	S	F	200	Free	02/02/2018 West Wales Regionals 2018
4:50.52	S	F	400	Free	02/02/2018 West Wales Regionals 2018
19:08.54	S	F	1500	Free	24/11/2017 West Wales Sub Regional Competition 2017
18.50	S	F	25	Back	06/06/2015 Dyfed Junior Challenge
32.63	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:07.90	S	F	100	Back	02/02/2018 West Wales Regionals 2018
2:27.29	S	F	200	Back	02/02/2018 West Wales Regionals 2018
25.44	S	F	25	Breast	12/11/2012 Milford Tigers Club Championships 2012
40.73	S	F	50	Breast	24/09/2016 Pembrokeshire County Championships 2016
1:19.50	S	F	100	Breast	02/02/2018 West Wales Regionals 2018
2:53.58	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
19.66	S	F	25	Fly	10/11/2013 Milford Tigers Club Championships 2013
34.42	S	F	50	Fly	24/09/2016 Pembrokeshire County Championships 2016
1:13.14	S	F	100	Fly	03/02/2017 West Wales Regionals 2017
2:47.34	S	F	200	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:10.80	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:26.00	S	F	200	IM	02/02/2018 West Wales Regionals 2018
5:22.62	S	F	400	IM	14/10/2017 Pembrokeshire County Championships 2017
Abigail Thomas (11) F					
20.26	S	F	25	Free	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
36.62	S	P	50	Free	02/02/2018 West Wales Regionals 2018
1:21.13	S	P	100	Free	02/02/2018 West Wales Regionals 2018
2:54.29	S	F	200	Free	02/02/2018 West Wales Regionals 2018
6:39.03	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
25.28	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
45.39	S	P	50	Back	02/02/2018 West Wales Regionals 2018
1:35.88	S	P	100	Back	02/02/2018 West Wales Regionals 2018
3:27.80	S	F	200	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
30.06	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
48.50	S	F	50	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:46.76	S	P	100	Breast	02/02/2018 West Wales Regionals 2018
3:49.65	S	F	200	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
23.76	S	F	25	Fly	06/06/2015 Dyfed Junior Challenge
43.01	S	F	50	Fly	24/11/2017 West Wales Sub Regional Competition 2017
1:48.32	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
3:52.95	S	F	200	Fly	24/11/2017 West Wales Sub Regional Competition 2017
1:35.76	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
3:19.90	S	F	200	IM	02/02/2018 West Wales Regionals 2018
Daniel Thomas (20) M					
16.91	S	F	25	Free	31/05/2008 Dyfed Junior League Round 2
26.72	S	F	50	Free	29/11/2014 West Wales Sub Regional Competition 2014
57.73	S	P	100	Free	30/01/2015 West Wales Regionals 2015
2:05.26	S	F	200	Free	11/10/2014 Pembrokeshire County Championships 2014
4:28.04	S	F	400	Free	23/06/2012 Torfaen Open Meet June 2012 level 2
4:28.04	S	F	400	Free	23/06/2012 Torfaen Open Meet June 2012 Level 4 JDM
9:29.23	S	F	800	Free	16/01/2011 Pembrokeshire County Swimming Long Distance
18:12.11	S	F	1500	Free	05/02/2011 West Wales Champs 2011

Individual Top Times

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Time	P/F/S	Event			
Daniel Thomas (20) M					
19.42 S	F	25 Back	29/06/2008	Dyfed Junior League Final	
29.71 S	F	50 Back	30/01/2015	West Wales Regionals 2015	
1:03.23 S	S	100 Back	30/01/2015	West Wales Regionals 2015	
2:14.22 S	F	200 Back	01/02/2014	West Wales Champs 2014	
22.90 S	F	25 Breast	31/05/2008	Dyfed Junior League Round 2	
35.74 S S	F	50 Breast	28/04/2012	City Of Newport Swimming Club	
1:16.31 S	P	100 Breast	28/04/2012	City Of Newport Swimming Club	
2:45.26 S	F	200 Breast	28/04/2012	City Of Newport Swimming Club	
18.89 S	F	25 Fly	21/02/2008	Pembrokeshire Schools Gala	
27.46 S	F	50 Fly	02/02/2018	West Wales Regionals 2018	
1:00.60 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:14.87 S	F	200 Fly	02/12/2016	Swim Wales Short Course Championships 2016	
1:05.29 S	F	100 IM	06/12/2013	Pembroke & District 39th Annual Championships	
2:19.38 S	P	200 IM	01/02/2014	West Wales Champs 2014	
4:52.75 S	F	400 IM	26/10/2012	Worcester Open Meet	
Carys Thompson (10) F					
45.20 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:48.06 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:48.69 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.42 S	F	50 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:25.85 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:00.61 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
5:02.57 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
29.34 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.97 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:11.68 S	F	100 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:58.44 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:19.34 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Freya Thompson (7) F					
26.69 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
5:19.05 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
32.01 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
44.75 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
35.19 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:41.83 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Ella Townsend (15) F					
19.69 S	F	25 Free	18/11/2011	Pembroke & District 37th Annual Championships	
36.08 S S	P	50 Free	01/03/2014	Llanelli ASC - Open Meet 2014	
1:18.12 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
2:41.71 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
6:41.37 S	F	400 Free	18/07/2014	Pembroke & District Summer Long Distance 2014	
21.85 S	F	25 Back	01/06/2013	Dyfed Junior Challenge	
46.38 S	P	50 Back	30/01/2015	West Wales Regionals 2015	
1:37.32 S	F	100 Back	11/12/2015	Pembroke & District 41st Annual Championships	
27.18 S	F	25 Breast	19/03/2011	Dyfed Junior Challenge	
48.14 S S	F	50 Breast	01/06/2014	Amman Valley Open Meet 2014	
1:34.83 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:39.75 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
51.30 S S	P	50 Fly	01/02/2014	West Wales Champs 2014	
1:37.74 S	F	100 IM	01/06/2014	Amman Valley Open Meet 2014	
3:08.37 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:34.66 S	F	400 IM	19/07/2013	Pembroke & District Summer Long Distance 2013	
James Townsend (11) M					
22.89 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
45.54 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:08.85 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
3:48.71 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
26.73 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
55.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
24.70 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	

Individual Top Times

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Time	P/F/S	Event			
James Townsend (11) M					
50.78 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:51.89 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:13.05 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
26.93 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
1:57.73 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
4:24.56 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Daniel Twynam (14) M					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
46.87 S S	F	50 Free	11/10/2014	Pembrokeshire County Championships 2014	
1:31.09 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:03.47 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
6:47.38 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
22.75 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
1:41.99 S	F	100 Back	25/11/2016	West Wales Sub Regional Competition 2016	
3:51.82 S	F	200 Back	24/09/2016	Pembrokeshire County Championships 2016	
2:01.46 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
3:52.38 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
57.46 S S	F	50 Fly	11/10/2014	Pembrokeshire County Championships 2014	
2:02.34 S	F	100 Fly	11/10/2014	Pembrokeshire County Championships 2014	
1:34.22 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:34.91 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Leon Twynam (12) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
40.10 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:31.94 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:14.80 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
7:33.51 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
24.81 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
49.25 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:40.26 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:31.12 S	F	200 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
1:03.25 S	F	50 Breast	26/09/2015	Pembrokeshire County Championships 2015	
1:55.98 S	F	100 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
4:55.20 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.10 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
48.06 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:53.43 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:42.57 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:46.54 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:17.45 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Kaci-Lee Watkins (11) F					
47.45 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:59.41 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:01.87 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:54.43 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
53.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.28 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:12.68 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.75 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:04.19 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
5:00.59 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
Mylia Webb (9) F					
23.88 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:06.56 S	F	50 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:12.06 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
25.66 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:12.92 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016	
2:11.96 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
29.02 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:08.91 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	

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Time	P/F/S	Event			
Mylia Webb (9) F					
2:32.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:06.85 S	F	50 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:15.47 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Saskia Webb (11) F					
21.14 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
46.25 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:41.66 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:44.53 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
24.90 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
47.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:49.81 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
29.41 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.91 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:23.84 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
56.69 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
Charlotte Whalley (14) F					
17.22 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
27.41 S	F	50 Free	02/12/2016	Swim Wales Short Course Championships 2016	
1:00.20 S	F	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:14.59 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:56.41 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
x19.18 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
30.68 S L	F	50 Back	02/02/2018	West Wales Regionals 2018	
1:06.82 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:26.50 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
x23.15 S	F	25 Breast	06/12/2013	Pembroke & District 39th Annual Championships	
36.21 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	
1:17.57 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:50.43 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
18.26 S	F	25 Fly	08/11/2013	Haverfordwest Club Championshi	
32.20 S	F	50 Fly	03/02/2017	West Wales Regionals 2017	
1:12.06 S	F	100 Fly	03/02/2017	West Wales Regionals 2017	
2:52.75 S	F	200 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:10.75 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:30.68 S	F	200 IM	02/12/2016	Swim Wales Short Course Championships 2016	
5:29.30 S	F	400 IM	03/02/2017	West Wales Regionals 2017	
Abbie Williams (18) F					
17.10 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
28.88 S L	F	50 Free	29/01/2016	West Wales Regionals 2016	
1:01.48 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:14.46 S	F	200 Free	29/01/2016	West Wales Regionals 2016	
4:52.94 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
9:52.50 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
18.84 S	F	25 Back	19/03/2011	Dyfed Junior Challenge	
33.61 S	F	50 Back	22/11/2015	Hereford Open Meet 2015	
1:09.28 S	F	100 Back	24/09/2016	Pembrokeshire County Championships 2016	
2:31.75 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
25.77 S	F	25 Breast	27/11/2009	Pembroke & District 35th Annual Championships	
42.19 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:30.97 S	P	100 Breast	01/02/2014	West Wales Champs 2014	
3:16.31 S	P	200 Breast	02/02/2013	West Wales Champs 2013	
17.42 S	F	25 Fly	19/05/2012	dyfed junior challenge	
36.16 S S	F	50 Fly	11/10/2014	Pembrokeshire County Championships 2014	
1:15.81 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
3:13.79 S	P	200 Fly	02/02/2013	West Wales Champs 2013	
1:14.60 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:36.20 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
5:42.80 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Alex Williams (9) M					
27.07 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	

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Time	P/F/S	Event			
Alex Williams (9) M					
29.12 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
35.69 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
Libby Williams (11) F					
19.79 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
41.79 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:46.59 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:34.90 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
23.22 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
46.06 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:44.98 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
28.57 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
57.34 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:18.70 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
26.89 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
58.68 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:53.58 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
4:02.48 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Morgan Williams (12) M					
16.55 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
35.32 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:50.27 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
2:50.00 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
21.34 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
46.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:44.14 S	F	100 Back	05/06/2016	Amman Valley Open Meet 2016	
28.65 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
51.20 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
22.76 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
47.34 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
1:31.66 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:54.23 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
Jayden Wilson (11) F					
21.19 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
44.68 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:46.75 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:38.77 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
23.94 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
48.68 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
32.16 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
56.09 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:10.55 S	F	100 Breast	24/09/2016	Pembrokeshire County Championships 2016	
32.79 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
54.49 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:56.01 S	F	100 IM	24/09/2016	Pembrokeshire County Championships 2016	
4:05.24 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Tayla Wilson (14) F					
22.67 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
31.74 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:08.87 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016	
2:29.18 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
5:08.19 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
11:40.33 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
21.95 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
35.25 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:15.88 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:38.93 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
22.52 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge	
40.70 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:26.66 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
3:03.61 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event		
Tayla Wilson (14) F				
25.84 S	F	25 Fly	30/11/2012	Pembroke & District 38th Annual Championships
37.02 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016
1:20.30 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017
3:07.33 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017
1:20.87 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
2:42.35 S	F	200 IM	02/02/2018	West Wales Regionals 2018
5:52.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017