

## Individual Top Times

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

Time	P/F/S	Event			
<b>Lily Busby (10) F</b>					
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	
<b>Holly-Jane Callen (12) F</b>					
36.52 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:21.95 S	P	100 Free	02/02/2018	West Wales Regionals 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	
3:20.47 S	F	200 Breast	02/02/2018	West Wales Regionals 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	
3:13.31 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
<b>Leah Carroll (11) F</b>					
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	
<b>Megan Cole (12) F</b>					
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	
3:40.36 S	F	200 Breast	02/02/2018	West Wales Regionals 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	
3:12.85 S	F	200 IM	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event			
<b>Megan Cole (12) F</b>					
7:11.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Shanai Colley (12) F</b>					
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	
<b>Poppy Cumine (11) F</b>					
23.13 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
40.74 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:38.16 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
3:15.63 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
29.12 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
1:02.92 S	F	50 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
30.37 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
58.60 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:00.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
53.88 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:47.78 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
<b>Nyah Elliott (11) F</b>					
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	
<b>Aria Evans (9) F</b>					
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	
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	
4:35.63 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Ben Evans (11) M</b>					
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	
<b>Charlotte Evans (12) F</b>					
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	
<b>Marilla Evans (10) F</b>					
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	

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Time	P/F/S	Event			
<b>Marilla Evans (10) F</b>					
2:58.41	S	F	200	Free	14/10/2017 Pembrookeshire 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 Pembrookeshire County Championships 2017
1:45.78	S	F	100	Fly	14/10/2017 Pembrookeshire County Championships 2017
1:35.62	S	F	100	IM	14/10/2017 Pembrookeshire County Championships 2017
3:21.90	S	F	200	IM	24/11/2017 West Wales Sub Regional Competition 2017
<b>Niamh Evans (10) F</b>					
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 Pembrookeshire 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
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 Pembrookeshire County Championships 2017
4:47.71	S	F	200	Breast	14/10/2017 Pembrookeshire 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 Pembrookeshire County Championships 2017
<b>Arron Fitzsimmons (13) M</b>					
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 Pembrookeshire 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 Pembrookeshire 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 Pembrookeshire 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 Pembrookeshire County Championships 2017
2:36.51	S	F	200	IM	02/02/2018 West Wales Regionals 2018
5:32.08	S	F	400	IM	02/02/2018 West Wales Regionals 2018
<b>Hannah Greenwood (13) F</b>					
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 Pembrookeshire 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 Pembrookeshire County Championships 2017
37.48	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017

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Time	P/F/S	Event			
<b>Hannah Greenwood (13) F</b>					
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	
<b>Josh Greenwood (11) M</b>					
40.24 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
3:28.76 S	F	200 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
53.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
4:13.10 S	F	200 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
<b>Cerys Griffiths (7) F</b>					
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	
35.80 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
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	
<b>Megan Griffiths (13) F</b>					
18.31 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
37.56 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:26.38 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:14.97 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
7:17.59 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015	
25.75 S	F	25 Back	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
43.43 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016	
1:33.12 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
29.78 S	F	25 Breast	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
52.20 S	F	50 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:50.44 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
4:06.68 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
25.69 S	F	25 Fly	10/11/2013	Milford Tigers Club Championships 2013	
54.87 S	F	50 Fly	01/06/2014	Amman Valley Open Meet 2014	
1:40.53 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
3:35.27 S	F	200 IM	05/06/2016	Amman Valley Open Meet 2016	
7:50.46 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Owyn Griffiths (14) M</b>					
15.63 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
33.32 S	F	50 Free	26/09/2015	Pembrokeshire County Championships 2015	
1:09.06 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:30.19 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:17.58 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
22.10 S	F	25 Back	19/05/2012	dyfed junior challenge	
35.34 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:16.53 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
2:48.04 S	F	200 Back	25/11/2016	West Wales Sub Regional Competition 2016	
24.44 S	F	25 Breast	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
41.50 S	F	50 Breast	03/02/2017	West Wales Regionals 2017	
1:29.17 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:32.58 S	F	200 Breast	11/07/2015	TORFAEN OPEN MEET LEVEL 2 2015	
17.94 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
42.15 S	F	50 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:26.63 S	F	100 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:20.35 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:50.52 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
6:06.31 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Tomas Griffiths (15) M</b>					
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	

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Time	P/F/S	Event			
<b>Tomas Griffiths (15) M</b>					
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
<b>Abigail Hillary (9) F</b>					
18.72	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
40.78	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
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
51.88	S	F	50	Back	14/10/2017 Pembrokeshire County Championships 2017
23.51	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
54.55	S	F	50	Breast	14/10/2017 Pembrokeshire County Championships 2017
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
1:53.27	S	F	100	IM	14/10/2017 Pembrokeshire County Championships 2017
<b>Benjamin Hillary (12) M</b>					
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
1:27.56	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
<b>Amelie Hounsell (8) F</b>					
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
<b>Toby Hounsell (10) M</b>					
50.61	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
<b>Lena Hughes (13) F</b>					
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
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

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Lena Hughes (13) F</b>					
6:37.02 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Maddy James (11) F</b>					
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	
<b>Cai Johnson (10) M</b>					
26.80 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
2:12.38 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
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	
36.95 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
<b>Bethan Jones (14) F</b>					
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	
<b>Cai Jones (11) M</b>					
1:57.14 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:13.83 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Molly Jones (12) F</b>					
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	
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	
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	
<b>Callum Keane (8) M</b>					
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	
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	
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	
<b>Jayden KEANE (12) M</b>					
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	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Jayden KEANE (12) M</b>					
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
2:50.91	S	F	200	IM	24/11/2017 West Wales Sub Regional Competition 2017
6:10.44	S	F	400	IM	02/02/2018 West Wales Regionals 2018
<b>Carys Kenniford (10) F</b>					
48.44	S	F	50	Free	15/12/2017 Pembroke & District 43rd Annual Championships
<b>Lewys Kettle (14) M</b>					
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
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
<b>Rowan Kettle (17) M</b>					
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

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Rowan Kettle (17) M</b>					
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	
<b>Aneurin Lee (10) M</b>					
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	
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	
<b>Dylan Lee (8) M</b>					
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	
4:32.16 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:02.37 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
5:01.11 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Georgia Lee (13) F</b>					
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	
2:59.14 S	F	200 Back	14/10/2017	Pembrokeshire 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	
<b>Martha Lee (9) F</b>					
26.57 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
56.16 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
31.65 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
<b>Caera Lewis (12) F</b>					
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	Pembrokeshire County Championships 2017	
18.00 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	



## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Caera Lewis (12) F</b>					
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	Pembrokeshire 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	Pembrokeshire County Championships 2017	
6:09.95 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Edward Lister (11) M</b>					
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	
1:32.35 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
3:20.48 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
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	
1:54.99 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:40.18 S	P	100 Fly	02/02/2018	West Wales Regionals 2018	
1:40.20 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:41.00 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
7:47.29 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Hazel Lister (9) F</b>					
21.09 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
52.94 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
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	
24.09 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.77 S	F	50 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
26.81 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:09.40 S	F	50 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
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	
2:00.88 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
<b>Rosie Llewellyn (15) F</b>					
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	
<b>Fleur Lord (10) F</b>					

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Fleur Lord (10) F</b>					
55.84 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
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	
<b>Rebecca Mason (10) F</b>					
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	
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	
<b>Nieve McNally (11) F</b>					
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	
<b>Ben Morgan (8) M</b>					
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	
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	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:14.90 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:35.02 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Jack Morgan (10) M</b>					
39.23 S	F	50 Free	02/02/2018	West Wales Regionals 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	
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	
<b>Chloe Morris (12) F</b>					
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	24/11/2017	West Wales Sub Regional Competition 2017	
3:02.91 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
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	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Chloe Morris (12) F</b>					
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
<b>Fred Morris (9) M</b>					
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
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
31.51	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
<b>Jessica Morris (14) F</b>					
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
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
<b>Sophie Moseley (11) F</b>					
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
1:43.60	S	F	100	Free	24/11/2017 West Wales Sub Regional Competition 2017
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
<b>Ioan Mutter (11) M</b>					
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

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Ioan Mutter (11) M</b>					
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	
<b>Alice Oliver (10) F</b>					
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	
3:54.03 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
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	
26.79 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
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	
<b>Rosie Oliver (8) F</b>					
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	
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	
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	
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	
<b>Lauren Omnet (14) F</b>					
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	
<b>Lucy Omnet (18) F</b>					
22.93 S	F	25 Free	14/11/2008	Pembroke & District 34th Annual Championships	
31.45 S	F	50 Free	27/11/2015	West Wales Sub Regional Competition 2015	
1:08.17 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
2:25.84 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
5:14.03 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015	
10:40.08 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
20.42 S	F	25 Back	20/01/2012	llanelli novice gala	
37.84 S L	F	50 Back	29/11/2014	West Wales Sub Regional Competition 2014	
1:19.79 S	F	100 Back	26/09/2015	Pembrokeshire County Championships 2015	
22.85 S	F	25 Breast	19/03/2011	Dyfed Junior Challenge	
39.39 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Lucy Omnet (18) F</b>					
1:25.12 S	P	100 Breast	29/01/2016	West Wales Regionals 2016	
3:03.15 S	F	200 Breast	11/10/2014	Pembrokeshire County Championships 2014	
20.09 S	F	25 Fly	20/01/2012	llanelli novice gala	
38.70 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:24.55 S	F	100 Fly	11/07/2015	TORFAEN OPEN MEET LEVEL 2 2015	
1:18.65 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:44.76 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
6:14.03 S	F	400 IM	18/07/2014	Pembroke & District Summer Long Distance 2014	
<b>Ellie Parks (18) F</b>					
16.77 S	P	25 Free	26/06/2010	Torfaen Open Meet 2010	
31.11 S	F	50 Free	19/04/2014	basingstoke bluefins easter egg meet	
1:09.11 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
2:28.12 S	F	200 Free	23/06/2012	Torfaen Open Meet June 2012 level 2	
5:16.85 S	F	400 Free	02/02/2013	West Wales Champs 2013	
11:05.52 S	F	800 Free	02/02/2013	West Wales Champs 2013	
24:07.40 S	F	1500 Free	16/01/2011	Pembrokeshire County Swimming Long Distance	
22.36 S	P	25 Back	25/05/2008	Pembs Sprints	
35.60 S	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015	
1:14.71 S	F	100 Back	26/09/2015	Pembrokeshire County Championships 2015	
2:41.06 S	F	200 Back	30/01/2015	West Wales Regionals 2015	
21.48 S	F	25 Breast	04/10/2009	RAOB	
39.20 S	P	50 Breast	30/01/2015	West Wales Regionals 2015	
1:21.96 S	F	100 Breast	26/09/2015	Pembrokeshire County Championships 2015	
2:58.77 S	F	200 Breast	26/09/2015	Pembrokeshire County Championships 2015	
16.28 S	F	25 Fly	23/05/2010	Dyfed Junior Challenge	
34.79 S	F	50 Fly	29/01/2016	West Wales Regionals 2016	
1:19.22 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
3:05.69 S	F	200 Fly	03/11/2012	Neath ASC Open Meet 2012	
1:18.40 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:40.03 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
5:45.90 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>James Price (13) M</b>					
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	
<b>Toby Price (11) M</b>					
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	
<b>Scarlet Rattenberry (10) F</b>					
2:02.22 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
<b>Scarlett Rattenbury (10) F</b>					
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	
4:36.48 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Lily Rice (14) F</b>					
41.98 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:22.86 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
3:40.45 S	F	200 Free	20/06/2015	West Wales Region - Junior Dev. Meet 2015	
48.84 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016	
1:31.22 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
2:32.04 S	F	100 Breast	20/06/2015	West Wales Region - Junior Dev. Meet 2015	
x51.70 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Lily Rice (14) F</b>					
1:51.68 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
x3:37.79 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
<b>Charlie Shiels (13) M</b>					
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	
<b>Georgia Shiels (14) F</b>					
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	Pembrokeshire County 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	Pembrokeshire County 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	
<b>Ewan Sture (10) M</b>					
22.57 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
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	
2:29.24 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Maggie Sturley (11) F</b>					
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	
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	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Maggie Sturley (11) F</b>					
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	
<b>Toby Sturley (14) M</b>					
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	
<b>Abigail Thomas (11) F</b>					
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	
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	
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	
<b>Daniel Thomas (20) M</b>					
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	
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	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Daniel Thomas (20) M</b>					
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	
<b>Carys Thompson (10) F</b>					
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	
<b>Freya Thompson (7) F</b>					
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	
<b>Ella Townsend (15) F</b>					
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	
<b>James Townsend (11) M</b>					
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	
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	



## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>James Townsend (11) M</b>					
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	
<b>Daniel Twynam (14) M</b>					
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	
<b>Leon Twynam (12) M</b>					
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	
<b>Kaci-Lee Watkins (11) F</b>					
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	
<b>Mylia Webb (9) F</b>					
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	
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	
2:32.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Saskia Webb (11) F</b>					
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	
2:01.09 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Saskia Webb (11) F</b>					
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	
<b>Charlotte Whalley (14) F</b>					
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	
<b>Abbie Williams (18) F</b>					
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	
<b>Alex Williams (9) M</b>					
27.07 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
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	
<b>Ellie Williams (15) F</b>					
18.77 S	F	25 Free	18/11/2011	Pembroke & District 37th Annual Championships	
32.72 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:14.15 S	P	100 Free	29/01/2016	West Wales Regionals 2016	
2:39.40 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Ellie Williams (15) F</b>					
5:30.71	S	F	400	Free	26/07/2015 Pembroke & District Summer Long Distance 2015
11:30.16	S	F	800	Free	27/11/2015 West Wales Sub Regional Competition 2015
23.59	S	F	25	Back	18/11/2011 Pembroke & District 37th Annual Championships
40.60	S L	F	50	Back	29/01/2016 West Wales Regionals 2016
1:28.41	S	F	100	Back	24/05/2015 Amman Valley Open Meet 2015
3:00.58	S	F	200	Back	29/11/2014 West Wales Sub Regional Competition 2014
24.81	S	F	25	Breast	19/05/2012 dyfed junior challenge
46.81	S S	F	50	Breast	11/10/2014 Pembrokeshire County Championships 2014
1:35.16	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
3:25.75	S	F	200	Breast	11/10/2014 Pembrokeshire County Championships 2014
18.15	S	F	25	Fly	03/05/2014 Dyfed Junior Challenge
37.48	S	P	50	Fly	29/01/2016 West Wales Regionals 2016
1:26.96	S	F	100	Fly	24/05/2015 Amman Valley Open Meet 2015
3:19.28	S	F	200	Fly	26/09/2015 Pembrokeshire County Championships 2015
1:25.69	S	F	100	IM	09/12/2016 Pembroke & District 42nd Annual Championships
2:57.72	S	F	200	IM	27/11/2015 West Wales Sub Regional Competition 2015
6:09.86	S	F	400	IM	26/07/2015 Pembroke & District Summer Long Distance 2015
<b>Libby Williams (11) F</b>					
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
<b>Morgan Williams (12) M</b>					
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
<b>Jayden Wilson (11) F</b>					
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

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**Individual Top Times**
**Show Short Course Only**

<b>Time</b>	<b>P/F/S</b>	<b>Event</b>			
<b>Tayla Wilson (14) F</b>					
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	
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	