

Individual Top Times

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

| Time | P/F/S | Event | | | |
|---------------------------------|-------|------------|------------|---|--|
| Keira Bruce (8) F | | | | | |
| 22.36 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 49.64 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 26.96 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 38.26 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Skye Bruce (9) F | | | | | |
| 20.25 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 45.31 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:14.15 S | F | 200 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 22.86 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 30.60 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:37.17 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Holly-Jane Callen (13) F | | | | | |
| 33.23 S | F | 50 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:13.03 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:37.96 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 6:08.27 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 47.61 S | F | 50 Back | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:29.86 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 40.82 S | F | 50 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:26.54 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:09.26 S | F | 200 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 47.55 S | F | 50 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:30.71 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:23.70 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:56.52 S | F | 200 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| Leah Carroll (12) F | | | | | |
| 37.87 S | F | 50 Free | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 1:17.01 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:43.35 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 5:57.21 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 42.82 S | F | 50 Back | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:26.60 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 1:40.82 S | F | 100 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 47.89 S | F | 50 Fly | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 1:43.61 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:30.97 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:18.73 S | F | 200 IM | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| Megan Cole (13) F | | | | | |
| 20.07 S | F | 25 Free | 12/12/2014 | Pembroke & District 40th Annual Championships | |
| 32.52 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:15.61 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:42.71 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 6:26.30 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 24.67 S | F | 25 Back | 12/12/2014 | Pembroke & District 40th Annual Championships | |
| 39.88 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:29.43 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 26.81 S | F | 25 Breast | 12/12/2014 | Pembroke & District 40th Annual Championships | |
| 44.46 S | F | 50 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:35.64 S | F | 100 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:24.92 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 24.13 S | F | 25 Fly | 06/06/2015 | Dyfed Junior Challenge | |
| 34.83 S | P | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 1:21.41 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:23.71 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:01.82 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 7:03.34 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Rhys Davies (17) M | | | | | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|-----------------------------|-------|------------|------------|---|--|
| Rhys Davies (17) M | | | | | |
| 26.54 S L | F | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 55.52 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:00.28 S | F | 200 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 4:27.57 S | F | 400 Free | 02/12/2016 | Swim Wales Short Course Championships 2016 | |
| 17:42.13 S | F | 1500 Free | 02/12/2016 | Swim Wales Short Course Championships 2016 | |
| 29.46 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:00.44 S | F | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 2:09.11 S | F | 200 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 35.31 S | P | 50 Breast | 02/02/2018 | West Wales Regionals 2018 | |
| 1:19.02 S | P | 100 Breast | 02/02/2018 | West Wales Regionals 2018 | |
| 2:40.64 S | F | 200 Breast | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 30.27 S | F | 50 Fly | 30/04/2016 | 13th Spring Meet 2016 2 WL161023 | |
| 1:02.65 S | F | 100 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 2:26.01 S | F | 200 Fly | 30/04/2016 | 13th Spring Meet 2016 2 WL161023 | |
| 1:07.81 S | F | 100 IM | 30/04/2016 | 13th Spring Meet 2016 2 WL161023 | |
| 2:17.09 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 4:50.99 S | F | 400 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Nyah Elliott (12) 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 (10) 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 | |
| 3:49.63 S | F | 200 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 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 | |
| 4:19.27 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Ben Evans (12) M | | | | | |
| 45.42 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:13.74 S | F | 100 Free | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 9:56.75 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 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 | |
| 4:34.23 S | F | 200 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:10.53 S | F | 50 Breast | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| Marilla Evans (11) 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 | |
| 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 (11) 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 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|---------------------------------|-------|-------|------|--------|--|
| Niamh Evans (11) F | | | | | |
| 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 |
| 8:22.62 | S | F | 400 | Free | 20/07/2018 Pembroke & District Summer Long Distance 2018 |
| 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 (14) M | | | | | |
| 24.44 | S | F | 25 | Free | 01/06/2013 Dyfed Junior Challenge |
| 28.01 | S | F | 50 | Free | 01/02/2019 West Wales Regionals 2019 |
| 1:00.90 | S | P | 100 | Free | 01/02/2019 West Wales Regionals 2019 |
| 2:18.79 | S | F | 200 | Free | 23/11/2018 West Wales Sub Regional Competition 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 |
| 31.48 | S L | F | 50 | Back | 01/02/2019 West Wales Regionals 2019 |
| 1:08.60 | S | F | 100 | Back | 27/10/2018 Pembrokeshire County Championships 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 |
| 35.33 | S | P | 50 | Breast | 01/02/2019 West Wales Regionals 2019 |
| 1:19.83 | S | F | 100 | Breast | 27/10/2018 Pembrokeshire County Championships 2018 |
| 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 |
| 31.71 | S | F | 50 | Fly | 01/02/2019 West Wales Regionals 2019 |
| 31.71 | S | P | 50 | Fly | 01/02/2019 West Wales Regionals 2019 |
| 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 |
| 2:33.20 | S | F | 200 | IM | 01/02/2019 West Wales Regionals 2019 |
| 5:32.08 | S | F | 400 | IM | 02/02/2018 West Wales Regionals 2018 |
| Hannah Greenwood (14) F | | | | | |
| 21.83 | S | F | 25 | Free | 03/05/2014 Dyfed Junior Challenge |
| 30.84 | S | F | 50 | Free | 23/11/2018 West Wales Sub Regional Competition 2018 |
| 1:06.72 | S | F | 100 | Free | 27/10/2018 Pembrokeshire County Championships 2018 |
| 2:27.04 | S | F | 200 | Free | 27/10/2018 Pembrokeshire County Championships 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 |
| 33.39 | S | P | 50 | Back | 01/02/2019 West Wales Regionals 2019 |
| 1:11.89 | S | F | 100 | Back | 27/10/2018 Pembrokeshire County Championships 2018 |
| 2:36.78 | S | F | 200 | Back | 01/02/2019 West Wales Regionals 2019 |
| 2:36.78 | S | F | 200 | Back | 27/10/2018 Pembrokeshire County Championships 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 |
| 33.90 | S | F | 50 | Fly | 23/11/2018 West Wales Sub Regional Competition 2018 |
| 1:22.04 | S | F | 100 | Fly | 14/12/2018 Pembroke & District 44th Annual Championships |
| 1:19.98 | S | F | 100 | IM | 14/12/2018 Pembroke & District 44th Annual Championships |
| 2:44.17 | S | F | 200 | IM | 23/11/2018 West Wales Sub Regional Competition 2018 |
| 8:03.25 | S | F | 400 | IM | 26/07/2015 Pembroke & District Summer Long Distance 2015 |
| Cerys Griffiths (8) F | | | | | |
| 21.36 | S | F | 25 | Free | 14/12/2018 Pembroke & District 44th Annual Championships |
| 46.20 | S | F | 50 | Free | 27/10/2018 Pembrokeshire County Championships 2018 |
| 3:43.74 | S | F | 200 | Free | 14/12/2018 Pembroke & District 44th Annual Championships |
| 25.27 | S | F | 25 | Back | 14/12/2018 Pembroke & District 44th Annual Championships |
| 59.81 | S | F | 50 | Back | 08/04/2018 West Wales Region 'No Time' Gala 2018 |
| 30.79 | S | F | 25 | Breast | 14/12/2018 Pembroke & District 44th Annual Championships |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|--------------------------------|-------|------------|------------|---|--|
| Cerys Griffiths (8) F | | | | | |
| 1:09.47 S | F | 50 Breast | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 28.05 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:03.44 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| James Harris (10) M | | | | | |
| 44.81 S | F | 50 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 57.25 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:03.21 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Toby Harris (9) M | | | | | |
| 21.35 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 51.72 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:03.27 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 30.45 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 30.71 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Abigail Hillary (10) F | | | | | |
| 18.72 S | F | 25 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 36.78 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:19.98 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 3:01.24 S | F | 200 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 26.10 S | F | 25 Back | 09/12/2016 | Pembroke & District 42nd Annual Championships | |
| 46.50 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:39.27 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 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 | |
| 1:51.93 S | P | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 4:05.74 S | F | 200 Breast | 23/11/2018 | West Wales Sub Regional Competition 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 | |
| 1:42.21 S | F | 100 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Benjamin Hillary (13) M | | | | | |
| 17.22 S | F | 25 Free | 17/12/2017 | RAOB Pembrokeshire Junior Team Gala 2017 | |
| 29.71 S | F | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:06.93 S | F | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:30.34 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 5:56.13 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 20.95 S | F | 25 Back | 17/12/2017 | RAOB Pembrokeshire Junior Team Gala 2017 | |
| 33.43 S | F | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:12.97 S | F | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 3:09.18 S | F | 200 Back | 03/02/2017 | West Wales Regionals 2017 | |
| 42.83 S | F | 50 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:32.35 S | F | 100 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:06.99 S | F | 200 Breast | 20/03/2016 | West Wales Region 'No Time' Gala 2016 | |
| 34.62 S | F | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 1:21.88 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:21.29 S | F | 100 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:46.58 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 6:29.66 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Amelie Hounsell (9) F | | | | | |
| 19.88 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 42.60 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:55.08 S | F | 200 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 20.83 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 50.43 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 21.25 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:52.96 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:25.68 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Annabel John (9) F | | | | | |
| 33.64 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Cai Johnson (11) M | | | | | |
| 26.80 S | F | 25 Free | 17/12/2017 | RAOB Pembrokeshire Junior Team Gala 2017 | |
| 45.75 S | F | 50 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|----------------------------|-------|------------|------------|---|--|
| Cai Johnson (11) M | | | | | |
| 1:52.38 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:58.33 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 47.94 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:06.48 S | F | 100 Back | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 57.82 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 1:03.64 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:56.83 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:47.81 S | F | 200 IM | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| Cai Jones (12) 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 | |
| 8:51.72 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 1:52.44 S | F | 100 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:00.42 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:39.00 S | F | 200 IM | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| Molly Jones (13) F | | | | | |
| 44.22 S | F | 50 Free | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:31.35 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 1:39.34 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 47.44 S | F | 50 Breast | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 1:41.92 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:53.21 S | F | 200 Breast | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 1:39.88 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:38.52 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Callum Keane (9) M | | | | | |
| 18.46 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 39.25 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:44.65 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:11.09 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 21.33 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 45.26 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:55.24 S | F | 100 Back | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 26.09 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 56.50 S | F | 50 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:11.55 S | F | 100 Breast | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 20.31 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 55.21 S | F | 50 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:45.97 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:49.67 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Jayden Keane (13) M | | | | | |
| 24.65 S | F | 25 Free | 09/07/2012 | Tenby Dolphins Club Championships 2012 | |
| 30.27 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:04.38 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:22.87 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 5:02.00 S | F | 400 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 19:45.44 S | F | 1500 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:15.05 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th 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 | |
| 1:24.83 S | F | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 33.31 S | F | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|-------------------------------|-------|------------|------------|---|--|
| Jayden Keane (13) M | | | | | |
| 1:20.01 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:17.66 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:38.98 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 5:57.79 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Carys Kenniford (11) F | | | | | |
| 48.44 S | F | 50 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| Lewys Kettle (15) M | | | | | |
| 20.47 S | F | 25 Free | 30/11/2012 | Pembroke & District 38th Annual Championships | |
| 30.73 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:05.90 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:27.08 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 5:35.89 S | F | 400 Free | 21/07/2017 | Pembroke & District Summer Long Distance 2017 | |
| 10:31.55 S | F | 800 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:16.87 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 2:44.37 S | F | 200 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 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 | |
| 1:22.27 S | F | 100 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:51.28 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:22.77 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:36.49 S | F | 200 Fly | 24/09/2016 | Pembrokeshire County Championships 2016 | |
| 1:18.86 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:46.27 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 6:06.32 S | F | 400 IM | 21/07/2017 | Pembroke & District Summer Long Distance 2017 | |
| Rowan Kettle (18) M | | | | | |
| 21.64 S | F | 25 Free | 27/11/2009 | Pembroke & District 35th Annual Championships | |
| 25.46 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 56.82 S | F | 100 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:10.02 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:43.04 S | F | 400 Free | 22/11/2015 | Hereford Open Meet 2015 | |
| 10:03.57 S | F | 800 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 29.61 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:06.19 S | F | 100 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 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 | |
| 1:10.85 S | F | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 27.51 S | F | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 1:03.34 S | F | 100 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:50.40 S | F | 200 Fly | 27/11/2015 | West Wales Sub Regional Competition 2015 | |
| 1:04.77 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th 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 (11) M | | | | | |
| 20.69 S | F | 25 Free | 06/06/2015 | Dyfed Junior Challenge | |
| 37.20 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 40.24 S L | F | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:27.77 S | P | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|---------------------------|-------|------------|------------|---|--|
| Aneurin Lee (11) M | | | | | |
| 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 | |
| 3:30.63 S | F | 200 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| Dylan Lee (9) M | | | | | |
| 19.96 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 41.29 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:41.76 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:36.96 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 22.61 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 48.76 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 28.76 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:03.13 S | F | 50 Breast | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 21.39 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 50.73 S | F | 50 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:58.11 S | F | 100 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:10.75 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Georgia Lee (14) F | | | | | |
| 21.37 S | F | 25 Free | 06/12/2013 | Pembroke & District 39th Annual Championships | |
| 31.32 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:15.85 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:38.74 S | F | 200 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 6:00.41 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 28.61 S | F | 25 Back | 06/12/2013 | Pembroke & District 39th Annual Championships | |
| 39.67 S | F | 50 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:20.76 S | P | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:28.54 S | F | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 3:19.53 S | F | 200 Breast | 02/02/2018 | West Wales Regionals 2018 | |
| 36.61 S | F | 50 Fly | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 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 | |
| 2:54.15 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 6:50.78 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Martha Lee (10) F | | | | | |
| 26.57 S | F | 25 Free | 09/12/2016 | Pembroke & District 42nd Annual Championships | |
| 50.35 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:56.38 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 4:30.31 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 31.65 S | F | 25 Back | 09/12/2016 | Pembroke & District 42nd Annual Championships | |
| 54.55 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:09.53 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:18.78 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Caera Lewis (13) F | | | | | |
| 16.91 S | F | 25 Free | 11/12/2015 | Pembroke & District 41st Annual Championships | |
| 29.33 S | F | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:04.37 S | F | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:25.61 S | F | 200 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 5:10.56 S | F | 400 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 10:48.15 S | F | 800 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 19.32 S | F | 25 Back | 11/12/2015 | Pembroke & District 41st Annual Championships | |
| 34.10 S | F | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:13.23 S | F | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|--------------------------------------|-------|------------|------------|---|--|
| Caera Lewis (13) F | | | | | |
| 36.21 S | P | 50 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 1:16.51 S | F | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 2:53.77 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:13.17 S | F | 100 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 3:17.64 S | F | 200 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:18.81 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:38.70 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 5:38.64 S | F | 400 IM | 01/02/2019 | West Wales Regionals 2019 | |
| Edward Lister (12) 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 (10) F | | | | | |
| 21.09 S | F | 25 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 43.70 S | F | 50 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:03.15 S | F | 100 Free | 17/06/2017 | West Wales Region - Junior Dev. Meet 2017 | |
| 3:56.68 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 24.09 S | F | 25 Back | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 49.99 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 56.28 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:49.53 S | F | 100 IM | 10/03/2018 | Llanelli ASC - Open Meet 2018 | |
| 4:09.15 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Fleur Lord (11) F | | | | | |
| 46.36 S | F | 50 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:46.75 S | F | 100 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:48.76 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 51.35 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:53.75 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 4:06.66 S | F | 200 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:37.49 S | F | 100 Breast | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 52.48 S | P | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 2:02.50 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:48.69 S | F | 200 IM | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| Malachi Lyseight-Jones (11) M | | | | | |
| 42.22 S | F | 50 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:38.63 S | F | 100 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 3:38.26 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 53.24 S | F | 50 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:02.37 S | F | 50 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 57.03 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:54.34 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|------------------------------|-------|------------|------------|---|--|
| Keira Montague (9) F | | | | | |
| 24.25 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:01.86 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 27.00 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 39.31 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 33.63 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Mason Montague (11) M | | | | | |
| 40.72 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:40.88 S | F | 100 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:41.81 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 53.06 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:00.27 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:03.25 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:55.87 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Ben Morgan (9) M | | | | | |
| 20.09 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 44.25 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:49.89 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:33.29 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 24.51 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 55.50 S | F | 50 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:13.96 S | F | 100 Back | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 32.53 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 27.59 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 56.71 S | F | 50 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:44.10 S | F | 100 Fly | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 2:01.84 S | F | 100 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Jack Morgan (11) M | | | | | |
| 37.01 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:17.15 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:46.91 S | F | 200 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 6:44.80 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 12:30.83 S | F | 800 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 23:38.92 S | F | 1500 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 45.20 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:32.70 S | P | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 3:17.81 S | F | 200 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 54.47 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:00.51 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:05.91 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 47.62 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:01.52 S | F | 200 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:41.00 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:33.77 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 7:33.79 S | F | 400 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Fred Morris (10) M | | | | | |
| 21.14 S | F | 25 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 42.00 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:57.79 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:32.09 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 27.34 S | F | 25 Back | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 50.10 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 31.51 S | F | 25 Breast | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 58.92 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 57.85 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:22.16 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Jessica Morris (15) 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 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|------------------------------|-------|------------|------------|---|--|
| Jessica Morris (15) F | | | | | |
| 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 | |
| 6:04.11 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 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 | |
| Emily Moseley (8) F | | | | | |
| 33.49 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 5:52.08 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 32.93 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 44.12 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 44.47 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Sophie Moseley (12) 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 | |
| 1:28.81 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:07.45 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 7:35.75 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 14:01.59 S | F | 800 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 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 | |
| 1:37.14 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 3:27.04 S | F | 200 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 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 | |
| 1:48.98 S | F | 100 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 3:53.36 S | F | 200 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 49.79 S | F | 50 Fly | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:56.35 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:39.02 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:34.18 S | F | 200 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 8:21.25 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Ffion Moses (13) F | | | | | |
| 31.93 S | F | 50 Free | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 1:10.15 S | F | 100 Free | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 2:47.64 S | F | 200 Free | 25/11/2016 | West Wales Sub Regional Competition 2016 | |
| 5:17.07 S | F | 400 Free | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 19.68 S | F | 25 Back | 17/12/2017 | RAOB Pembrokeshire Junior Team Gala 2017 | |
| 35.26 S | P | 50 Back | 02/02/2018 | West Wales Regionals 2018 | |
| 1:17.49 S | F | 100 Back | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 2:39.27 S | F | 200 Back | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 45.79 S | F | 50 Breast | 07/05/2017 | Amman Valley Open Meet 2017 | |
| 1:36.07 S | F | 100 Breast | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 3:29.70 S | F | 200 Breast | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 35.72 S | F | 50 Fly | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 1:26.51 S | F | 100 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 3:15.39 S | F | 200 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:21.12 S | F | 100 IM | 07/05/2017 | Amman Valley Open Meet 2017 | |
| 2:52.35 S | F | 200 IM | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| Ioan Mutter (12) M | | | | | |
| 20.58 S | F | 25 Free | 11/12/2015 | Pembroke & District 41st Annual Championships | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|----------------------------|-------|-------|-----|--------|--|
| Ioan Mutter (12) M | | | | | |
| 35.33 | S | F | 50 | Free | 02/02/2018 West Wales Regionals 2018 |
| 1:15.14 | S | F | 100 | Free | 27/10/2018 Pembrokeshire County Championships 2018 |
| 2:53.69 | S | F | 200 | Free | 14/12/2018 Pembroke & District 44th 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 |
| 1:31.32 | S | F | 100 | Back | 14/12/2018 Pembroke & District 44th Annual Championships |
| 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 |
| 1:40.13 | S | F | 100 | Breast | 14/12/2018 Pembroke & District 44th Annual Championships |
| 4:24.69 | S | F | 200 | Breast | 24/09/2016 Pembrokeshire County Championships 2016 |
| 42.05 | S | F | 50 | Fly | 27/10/2018 Pembrokeshire County Championships 2018 |
| 1:42.72 | S | F | 100 | Fly | 14/12/2018 Pembroke & District 44th Annual Championships |
| 1:30.90 | S | F | 100 | IM | 14/12/2018 Pembroke & District 44th Annual Championships |
| 3:46.88 | S | F | 200 | IM | 25/11/2016 West Wales Sub Regional Competition 2016 |
| 7:30.33 | S | F | 400 | IM | 20/07/2018 Pembroke & District Summer Long Distance 2018 |
| Alice Oliver (10) F | | | | | |
| 20.44 | S | F | 25 | Free | 15/12/2017 Pembroke & District 43rd Annual Championships |
| 41.28 | S | F | 50 | Free | 14/12/2018 Pembroke & District 44th Annual Championships |
| 1:58.89 | S | F | 100 | Free | 14/10/2017 Pembrokeshire County Championships 2017 |
| 3:36.57 | S | F | 200 | Free | 14/12/2018 Pembroke & District 44th 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 |
| 1:57.55 | S | F | 100 | Back | 08/04/2018 West Wales Region 'No Time' Gala 2018 |
| 26.79 | S | F | 25 | Breast | 15/12/2017 Pembroke & District 43rd Annual Championships |
| 55.75 | S | F | 50 | Breast | 14/12/2018 Pembroke & District 44th Annual Championships |
| 2:03.61 | S | F | 100 | Breast | 27/10/2018 Pembrokeshire County Championships 2018 |
| 26.62 | S | F | 25 | Fly | 15/12/2017 Pembroke & District 43rd Annual Championships |
| 55.58 | S | F | 50 | Fly | 14/12/2018 Pembroke & District 44th Annual Championships |
| 1:52.73 | S | F | 100 | IM | 14/12/2018 Pembroke & District 44th Annual Championships |
| 4:06.32 | S | F | 200 | IM | 27/10/2018 Pembrokeshire County Championships 2018 |
| Rosie Oliver (9) F | | | | | |
| 23.88 | S | F | 25 | Free | 14/12/2018 Pembroke & District 44th Annual Championships |
| 53.78 | S | F | 50 | Free | 27/10/2018 Pembrokeshire County Championships 2018 |
| 2:12.26 | S | F | 100 | Free | 08/04/2018 West Wales Region 'No Time' Gala 2018 |
| 4:19.57 | S | F | 200 | Free | 14/12/2018 Pembroke & District 44th Annual Championships |
| 26.75 | S | F | 25 | Back | 14/12/2018 Pembroke & District 44th 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 |
| 27.95 | S | F | 25 | Breast | 14/12/2018 Pembroke & District 44th Annual Championships |
| 1:14.22 | S | F | 50 | Breast | 14/10/2017 Pembrokeshire County Championships 2017 |
| 2:21.47 | S | F | 100 | Breast | 27/10/2018 Pembrokeshire County Championships 2018 |
| 30.96 | S | F | 25 | Fly | 14/12/2018 Pembroke & District 44th Annual Championships |
| 2:29.03 | S | F | 100 | IM | 15/12/2017 Pembroke & District 43rd Annual Championships |
| Lauren Omet (15) 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 |
| 4:50.73 | S | F | 400 | Free | 27/10/2018 Pembrokeshire County Championships 2018 |
| 9:52.49 | S | F | 800 | Free | 23/11/2018 West Wales Sub Regional Competition 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 |
| 1:20.55 | S | F | 100 | Breast | 27/10/2018 Pembrokeshire County Championships 2018 |
| 2:48.30 | S | F | 200 | Breast | 02/02/2018 West Wales Regionals 2018 |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|-------------------------------|-------|------------|------------|---|--|
| Lauren Omnet (15) F | | | | | |
| 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 | |
| Cory Shelmerdine (8) M | | | | | |
| 27.17 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:03.84 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:33.29 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 28.71 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 38.46 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 34.39 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:27.76 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Charlie Shiels (14) M | | | | | |
| 17.06 S | F | 25 Free | 03/05/2014 | Dyfed Junior Challenge | |
| 26.28 S L | F | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 58.00 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:12.12 S | F | 200 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 5:05.25 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 19.42 S | F | 25 Back | 03/05/2014 | Dyfed Junior Challenge | |
| 30.10 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:06.53 S | P | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 32.71 S | P | 50 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 1:11.57 S | F | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 2:41.51 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:06.26 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:23.29 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 5:31.31 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Ewan Sture (11) M | | | | | |
| 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 | |
| 1:58.85 S | F | 100 Free | 08/04/2018 | West Wales Region 'No Time' Gala 2018 | |
| 3:56.56 S | F | 200 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 8:35.89 S | F | 400 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 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 | Pembrokeshire County Championships 2017 | |
| 4:31.00 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Maggie Sturley (12) 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 | |
| 1:13.55 S | F | 100 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:41.34 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 6:02.52 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 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 | |
| 1:34.76 S | F | 100 Back | 17/06/2018 | West Wales Region - Junior Dev. Meet 2018 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|------------------------------|-------|------------|------------|---|--|
| Maggie Sturley (12) F | | | | | |
| 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 | |
| 1:39.42 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 47.28 S | F | 50 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:41.85 S | F | 100 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:30.68 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:09.32 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 6:50.61 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Toby Sturley (15) M | | | | | |
| 15.94 S | F | 25 Free | 06/06/2015 | Dyfed Junior Challenge | |
| 26.81 S | F | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 57.81 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:06.93 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:41.58 S | F | 400 Free | 27/10/2018 | Pembrokeshire County Championships 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 | |
| 31.30 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:05.57 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:20.57 S | F | 200 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 25.44 S | F | 25 Breast | 12/11/2012 | Milford Tigers Club Championships 2012 | |
| 35.32 S | F | 50 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:16.10 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:41.78 S | F | 200 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 1:08.40 S | F | 100 Fly | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 2:47.34 S | F | 200 Fly | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 1:07.78 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:24.31 S | F | 200 IM | 01/02/2019 | West Wales Regionals 2019 | |
| 5:06.68 S | F | 400 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| Abigail Thomas (12) F | | | | | |
| 20.26 S | F | 25 Free | 17/12/2017 | RAOB Pembrokeshire Junior Team Gala 2017 | |
| 33.80 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:16.03 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 2:52.78 S | F | 200 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 6:00.09 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 25.28 S | F | 25 Back | 11/12/2015 | Pembroke & District 41st Annual Championships | |
| 41.84 S | F | 50 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:32.52 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 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 | |
| 1:44.07 S | P | 100 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 37.77 S | F | 50 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:33.45 S | F | 100 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 3:41.83 S | F | 200 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:30.13 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:10.63 S | F | 200 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 7:07.09 S | F | 400 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| Daniel Thomas (21) 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

Show Short Course Only

| Time | P/F/S | Event | | | |
|------------------------------|-------|------------|------------|---|--|
| Daniel Thomas (21) M | | | | | |
| 19.42 S | F | 25 Back | 29/06/2008 | Dyfed Junior League Final | |
| 29.49 S | F | 50 Back | 11/12/2015 | SWIM WALES SC CHAMPS 2015 | |
| 1:03.23 S | S | 100 Back | 30/01/2015 | West Wales Regionals 2015 | |
| 2:13.81 S | F | 200 Back | 11/12/2015 | SWIM WALES SC CHAMPS 2015 | |
| 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 | |
| 27.30 S | F | 50 Fly | 01/02/2019 | West Wales Regionals 2019 | |
| 59.87 S | F | 100 Fly | 11/11/2015 | BUCS SC 2015 | |
| 2:13.15 S | F | 200 Fly | 11/11/2015 | BUCS SC 2015 | |
| 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 (11) F | | | | | |
| 39.87 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:28.42 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 3:14.84 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 7:05.65 S | F | 400 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 46.18 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:40.40 S | F | 100 Back | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 53.49 S | P | 50 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 1:56.52 S | F | 100 Breast | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 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 | |
| 52.97 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:11.68 S | F | 100 Fly | 24/11/2017 | West Wales Sub Regional Competition 2017 | |
| 1:49.34 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:45.01 S | F | 200 IM | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 8:11.41 S | F | 400 IM | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| Freya Thompson (8) F | | | | | |
| 23.25 S | F | 25 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 49.15 S | F | 50 Free | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 4:14.97 S | F | 200 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 25.11 S | F | 25 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 39.38 S | F | 25 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 28.06 S | F | 25 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:02.05 S | F | 50 Fly | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 2:41.83 S | F | 100 IM | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| James Townsend (12) 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 | |
| 1:38.58 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:18.71 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 1:44.43 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:24.56 S | F | 200 IM | 26/07/2015 | Pembroke & District Summer Long Distance 2015 | |
| Daniel Twynam (15) 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 | |
| 2:53.28 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 6:36.34 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|--------------------------------|-------|------------|------------|---|--|
| Daniel Twynam (15) M | | | | | |
| 22.75 S | F | 25 Back | 06/06/2015 | Dyfed Junior Challenge | |
| 1:27.21 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:24.11 S | F | 200 Back | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 1:39.83 S | F | 100 Breast | 27/10/2018 | Pembrokeshire County Championships 2018 | |
| 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 | |
| 1:33.47 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 3:34.91 S | F | 200 IM | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 7:26.87 S | F | 400 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Leon Twynam (13) 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 | |
| 1:22.86 S | F | 100 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 2:56.72 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th 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 | |
| 1:37.91 S | F | 100 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 1:35.42 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| Stephanie Voyle (10) F | | | | | |
| 56.50 S | F | 50 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:06.97 S | F | 50 Back | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:09.65 S | F | 50 Breast | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Kaci-Lee Watkins (12) F | | | | | |
| 47.45 S | F | 50 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 1:38.18 S | F | 100 Free | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 3:46.00 S | F | 200 Free | 17/06/2018 | West Wales Region - Junior Dev. Meet 2018 | |
| 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 | |
| 1:51.98 S | F | 100 Back | 17/06/2018 | West Wales Region - Junior Dev. Meet 2018 | |
| 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 | |
| 2:15.67 S | F | 100 Breast | 17/06/2018 | West Wales Region - Junior Dev. Meet 2018 | |
| 1:04.19 S | F | 50 Fly | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 4:16.66 S | F | 200 IM | 17/06/2018 | West Wales Region - Junior Dev. Meet 2018 | |
| Mylia Webb (10) F | | | | | |
| 23.88 S | F | 25 Free | 15/12/2017 | Pembroke & District 43rd Annual Championships | |
| 46.34 S | F | 50 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 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 | |
| 48.51 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 55.30 S | P | 50 Breast | 01/02/2019 | West Wales Regionals 2019 | |
| 2:32.23 S | F | 100 Breast | 14/10/2017 | Pembrokeshire County Championships 2017 | |
| 54.82 S | F | 50 Fly | 23/11/2018 | West Wales Sub Regional Competition 2018 | |
| 1:55.94 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 4:40.36 S | F | 200 IM | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| Saskia Webb (12) F | | | | | |
| 21.14 S | F | 25 Free | 09/12/2016 | Pembroke & District 42nd Annual Championships | |

Individual Top Times

Show Short Course Only

| Time | P/F/S | Event | | | |
|---------------------------------------|-------|------------|------------|---|--|
| Saskia Webb (12) F | | | | | |
| 38.17 S | P | 50 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 1:23.24 S | P | 100 Free | 01/02/2019 | West Wales Regionals 2019 | |
| 3:11.16 S | F | 200 Free | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 7:02.94 S | F | 400 Free | 20/07/2018 | Pembroke & District Summer Long Distance 2018 | |
| 24.90 S | F | 25 Back | 09/12/2016 | Pembroke & District 42nd Annual Championships | |
| 42.04 S | P | 50 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 1:31.80 S | P | 100 Back | 01/02/2019 | West Wales Regionals 2019 | |
| 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 | |
| 51.87 S | F | 50 Fly | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| 1:41.42 S | F | 100 IM | 14/12/2018 | Pembroke & District 44th Annual Championships | |
| Samuel Withers (21) M (Yr: Y9) | | | | | |
| 17.53 S | F | 25 Free | 24/09/2006 | Tri Gala | |
| 24.91 S S | F | 50 Free | 15/11/2014 | stockport metro | |
| 55.51 S | F | 100 Free | 15/11/2014 | stockport metro | |
| 2:05.88 S | F | 200 Free | 30/01/2015 | West Wales Regionals 2015 | |
| 4:30.64 S | F | 400 Free | 28/04/2012 | City Of Newport Swimming Club | |
| 9:53.79 S S | F | 800 Free | 24/11/2012 | West Wales Sub Regional Competition 2012 | |
| 18:42.62 S | F | 1500 Free | 24/11/2012 | West Wales Sub Regional Competition 2012 | |
| 30.31 S | P | 50 Back | 30/01/2015 | West Wales Regionals 2015 | |
| 1:03.30 S | S | 100 Back | 30/01/2015 | West Wales Regionals 2015 | |
| 2:18.98 S | F | 200 Back | 30/11/2013 | West Wales Sub Regional Competition 2013 | |
| 37.17 S S | F | 50 Breast | 04/02/2012 | West Wales Champs 2012 | |
| 1:19.11 S | F | 100 Breast | 04/02/2012 | West Wales Champs 2012 | |
| 2:51.36 S | P | 200 Breast | 02/02/2013 | West Wales Champs 2013 | |
| 29.00 S | P | 50 Fly | 30/01/2015 | West Wales Regionals 2015 | |
| 1:06.85 S | F | 100 Fly | 30/11/2013 | West Wales Sub Regional Competition 2013 | |
| 2:38.04 S | P | 200 Fly | 04/02/2012 | West Wales Champs 2012 | |
| 1:14.70 S | F | 100 IM | 10/12/2010 | Pembroke & District 36th Annual Championships | |
| 2:24.34 S | F | 200 IM | 29/06/2013 | TORFAEN OPEN MEET LEVEL 2 2013 | |
| 5:14.56 S | F | 400 IM | 19/07/2013 | Pembroke & District Summer Long Distance 2013 | |