

Individual Top Times

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

Time	P/F/S	Event			
Elijah Adams (9) M					
22.28 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
47.38 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
4:57.16 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
26.94 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
2:27.77 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
Lily Adams (11) F					
47.43 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
8:37.00 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
58.95 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
2:06.79 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
Keira Bruce (9) F					
19.50 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
49.64 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:34.69 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
22.99 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
54.80 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
28.57 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
1:02.77 S	F	50 Breast	12/10/2019	Pembrokeshire County Championships 2019	
35.05 S	F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
Skye Bruce (10) F					
20.25 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
38.92 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:40.98 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:12.03 S	F	200 Free	31/01/2020	West Wales Regionals 2020	
22.86 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
42.40 S	F	50 Back	31/01/2020	West Wales Regionals 2020	
1:38.71 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
30.60 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
56.83 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
2:37.17 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
46.95 S	F	50 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:47.47 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:33.67 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
Florence Buckley (9) F					
23.69 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
5:28.59 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
26.41 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
30.13 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
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	
40.21 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
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	
6:30.66 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Leah Carroll (13) F					
33.42 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:13.56 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:39.19 S	F	200 Free	31/01/2020	West Wales Regionals 2020	
5:44.75 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
36.92 S L	F	50 Back	31/01/2020	West Wales Regionals 2020	

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Time	P/F/S	Event			
Leah Carroll (13) F					
1:21.84 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
2:53.85 S	F	200 Back	31/01/2020	West Wales Regionals 2020	
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	
1:28.26 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:07.87 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
6:46.77 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Hannah Clifford (9) F					
46.48 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
4:38.58 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
1:00.72 S	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
2:25.01 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
Mati Davies (8) F					
20.58 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
4:10.56 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
28.28 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
36.26 S	F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
Rhys Davies (18) 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	
1:02.65 S	F	100 Fly	01/02/2019	West Wales Regionals 2019	
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	
Gary Dutton (27) M					
18.15 S	F	25 Free	15/05/2005	Pembroke & District Time Trials - 13/5/2005	
32.06 S	F	50 Free	02/10/2009	Tudor Shield Relay sprints 2009	
1:07.66 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:26.80 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
5:47.43 S	F	400 Free	18/07/2008	Pembroke 200 / 400	
24.54 S	F	25 Back	04/12/2004	Pembroke & District PB List Dec 4th 2004	
54.51 S	F	50 Back	15/05/2005	Pembroke & District Time Trials - 13/5/2005	
1:24.67 S	F	100 Back	10/12/2010	Pembroke & District 36th Annual Championships	
24.84 S	F	25 Breast	04/12/2004	Pembroke & District PB List Dec 4th 2004	
40.65 S	F	50 Breast	02/10/2009	Tudor Shield Relay sprints 2009	
1:29.38 S	F	100 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
3:32.53 S	P	200 Breast	15/02/2007	West Wales Champs 2007 - Individual Events	
24.81 S	F	25 Fly	04/12/2004	Pembroke & District PB List Dec 4th 2004	
39.73 S S	P	50 Fly	08/03/2008	Llanelli ASC - Open Meet 2008	
1:22.49 S	F	100 Fly	10/12/2010	Pembroke & District 36th Annual Championships	
1:17.86 S	F	100 IM	10/12/2010	Pembroke & District 36th Annual Championships	
6:23.29 S	F	400 IM	18/07/2008	Pembroke 200 / 400	
Aria Evans (11) F					
21.94 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
40.03 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:46.31 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:15.32 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
7:13.29 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
23.19 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
46.82 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
1:50.36 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
28.39 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
50.51 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	

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Time	P/F/S	Event			
Aria Evans (11) F					
2:05.11	S F	100 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:22.05	S F	200 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:47.18	S F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:47.75	S F	200 IM	12/10/2019	Pembrokeshire County Championships 2019	
Ben Evans (13) M					
44.14	S F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:44.06	S F	100 Free	06/12/2019	Pembroke & District 45th Annual Championships	
3:49.34	S F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
9:56.75	S F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
49.81	S F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
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	
2:06.85	S F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
2:27.13	S F	100 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
Iori Evans (9) M					
18.83	S F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
4:08.87	S F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
4:08.87	S F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
23.68	S F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
27.41	S F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
25.34	S F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
2:06.47	S F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
4:32.63	S F	200 IM	12/10/2019	Pembrokeshire County Championships 2019	
Arron Fitzsimmons (15) M					
27.90	S L F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:00.90	S P	100 Free	01/02/2019	West Wales Regionals 2019	
2:16.50	S F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
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	
31.41	S L F	50 Back	31/01/2020	West Wales Regionals 2020	
1:08.27	S F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
2:28.53	S F	200 Back	12/10/2019	Pembrokeshire County Championships 2019	
34.91	S P	50 Breast	31/01/2020	West Wales Regionals 2020	
1:19.22	S F	100 Breast	31/01/2020	West Wales Regionals 2020	
3:00.91	S F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
31.40	S F	50 Fly	04/05/2019	Spring Open Meet 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	
Cerys Griffiths (9) F					
18.23	S F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
46.20	S F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:27.62	S F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
23.02	S F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
59.81	S F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
27.65	S F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
1:09.47	S F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
22.09	S F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:52.44	S F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
Charlie Hackett (11) M					
10:00.82	S F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
James Harris (11) M					
37.18	S F	50 Free	31/01/2020	West Wales Regionals 2020	
57.25	S F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
56.57	S F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
Toby Harris (10) M					
21.35	S F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	

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Time	P/F/S	Event			
Toby Harris (10) M					
40.87 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:45.55 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:38.01 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
30.45 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
2:18.49 S	F	100 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
30.71 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
57.84 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
2:22.25 S	F	100 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
2:02.65 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
Abigail Hillary (11) F					
18.72 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
32.53 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:15.50 S	F	100 Free	22/11/2019	West Wales Sub Regional Competition 2019	
2:43.80 S	F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
6:15.66 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
26.10 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
40.30 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
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	
45.06 S	F	50 Breast	31/01/2020	West Wales Regionals 2020	
1:42.73 S	F	100 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
3:40.36 S	F	200 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
30.00 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
43.54 S	F	50 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:32.01 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:15.00 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
Benjamin Hillary (13) M					
17.22 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
27.81 S L	F	50 Free	31/01/2020	West Wales Regionals 2020	
59.81 S	F	100 Free	31/01/2020	West Wales Regionals 2020	
2:20.97 S	F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
5:31.23 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
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	
1:10.47 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
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	
31.54 S	F	50 Fly	31/01/2020	West Wales Regionals 2020	
1:16.09 S	F	100 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:13.51 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
2:33.76 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
6:00.00 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Amelie Hounsell (10) F					
19.88 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
37.31 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:31.67 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:04.91 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
20.83 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
42.19 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
56.44 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
21.25 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
43.99 S	F	50 Fly	12/10/2019	Pembrokeshire County Championships 2019	
1:39.82 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:39.18 S	F	200 IM	28/06/2019	Pembroke & District Long Distance 2019	
Ella Howell (8) F					
25.84 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
59.07 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
5:19.81 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	

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Time	P/F/S	Event			
Ella Howell (8) F					
34.35 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
Gracie-Rose Howlin (11) F					
1:00.23 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:17.21 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
Annabel John (10) F					
47.36 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:59.38 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
1:04.42 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:06.72 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
33.64 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
Chloe John (10) F					
55.44 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
5:02.75 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
58.33 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
1:07.78 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
Rebekah John (8) F					
26.47 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:19.99 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
32.21 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
1:20.30 S	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
38.13 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
Cai Johnson (12) 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	
1:50.33 S	F	100 Free	06/12/2019	Pembroke & District 45th Annual Championships	
3:53.22 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
8:25.45 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
47.94 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:52.29 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
57.82 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
2:14.58 S	F	100 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
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	
9:49.38 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Cai Jones (13) M					
1:57.14 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:39.85 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
8:37.15 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
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	
1:48.29 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
4:39.00 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Molly Jones (14) F					
38.21 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:31.35 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
3:28.03 S	F	200 Free	12/10/2019	Pembrokeshire County Championships 2019	
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	
46.92 S	F	50 Breast	12/10/2019	Pembrokeshire County Championships 2019	
1:41.92 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:43.98 S	F	200 Breast	12/10/2019	Pembrokeshire County Championships 2019	
46.73 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
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	
Carys Kenniford (12) F					
48.44 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
Lewys Kettle (16) M					

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Lewys Kettle (16) 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	
5:14.76 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
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	
1:19.50 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
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	
2:42.95 S	F	200 IM	12/10/2019	Pembrokeshire County Championships 2019	
5:48.27 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Aneurin Lee (12) 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	
3:01.71 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
6:43.71 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
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	
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	
1:35.66 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:30.63 S	F	200 IM	23/11/2018	West Wales Sub Regional Competition 2018	
7:36.09 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Dylan Lee (10) M					
19.96 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
40.30 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:41.76 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:32.28 S	F	200 Free	06/12/2019	Pembroke & District 45th 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	
48.27 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:52.16 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:52.75 S	F	200 IM	28/06/2019	Pembroke & District Long Distance 2019	
Georgia Lee (15) F					
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
30.48 S L	F	50 Free	31/01/2020	West Wales Regionals 2020	
1:09.15 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:31.99 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
5:33.37 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
28.61 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
37.82 S	F	50 Back	22/11/2019	West Wales Sub Regional Competition 2019	

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Time	P/F/S	Event			
Georgia Lee (15) F					
1:17.78 S	P	100 Back	31/01/2020	West Wales Regionals 2020	
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	
40.76 S	F	50 Breast	12/10/2019	Pembrokeshire County Championships 2019	
1:28.54 S	F	100 Breast	01/02/2019	West Wales Regionals 2019	
3:15.11 S	F	200 Breast	31/01/2020	West Wales Regionals 2020	
35.82 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:28.98 S	F	100 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:19.62 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
2:47.78 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
6:50.78 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Martha Lee (11) 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	
1:51.10 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
4:08.89 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
8:34.87 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
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	
1:59.92 S	F	100 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:09.53 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
2:03.22 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
4:34.28 S	F	200 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Fleur Lord (12) F					
43.56 S	F	50 Free	04/05/2019	Spring Open Meet 2019	
1:33.90 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
3:17.37 S	F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
7:19.82 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
46.05 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:42.21 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
3:41.88 S	F	200 Back	12/10/2019	Pembrokeshire County Championships 2019	
58.25 S	F	50 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
2:11.79 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
52.48 S	P	50 Fly	01/02/2019	West Wales Regionals 2019	
2:06.15 S	F	100 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:47.05 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:50.00 S	F	200 IM	22/11/2019	West Wales Sub Regional Competition 2019	
Indya Lyseight-Jones (8) F					
20.81 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:49.44 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
3:51.35 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
25.28 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
33.41 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
24.91 S	F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
Malachi Lyseight-Jones (11) M					
37.42 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:26.39 S	F	100 Free	22/11/2019	West Wales Sub Regional Competition 2019	
3:10.88 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
45.91 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
54.22 S	F	50 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
1:58.98 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
4:25.80 S	F	200 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
46.97 S	F	50 Fly	12/10/2019	Pembrokeshire County Championships 2019	
1:43.38 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
Keira Montague (10) F					
24.25 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
44.65 S	F	50 Free	04/05/2019	Spring Open Meet 2019	
3:54.98 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
27.00 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
47.42 S	P	50 Back	31/01/2020	West Wales Regionals 2020	

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Time	P/F/S	Event			
Keira Montague (10) F					
39.31 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
55.00 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
4:34.74 S	F	200 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
33.63 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
54.33 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:57.21 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
4:10.88 S	F	200 IM	22/11/2019	West Wales Sub Regional Competition 2019	
Mason Montague (11) M					
34.04 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:17.39 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
2:54.10 S	F	200 Free	31/01/2020	West Wales Regionals 2020	
6:43.27 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
38.92 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
42.43 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
1:34.38 S	P	100 Breast	31/01/2020	West Wales Regionals 2020	
3:31.33 S	F	200 Breast	31/01/2020	West Wales Regionals 2020	
38.28 S	P	50 Fly	31/01/2020	West Wales Regionals 2020	
1:30.66 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:08.77 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
7:18.80 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Ben Morgan (10) M					
20.09 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
38.32 S	F	50 Free	31/01/2020	West Wales Regionals 2020	
1:29.95 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:59.60 S	F	200 Free	31/01/2020	West Wales Regionals 2020	
6:09.93 S	F	400 Free	31/01/2020	West Wales Regionals 2020	
12:41.65 S	F	800 Free	31/01/2020	West Wales Regionals 2020	
24.51 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
47.60 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:41.36 S	F	100 Back	31/01/2020	West Wales Regionals 2020	
32.53 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
57.07 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
2:02.87 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
4:19.17 S	F	200 Breast	31/01/2020	West Wales Regionals 2020	
27.59 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
43.89 S	F	50 Fly	31/01/2020	West Wales Regionals 2020	
1:45.18 S	P	100 Fly	31/01/2020	West Wales Regionals 2020	
3:47.09 S	F	200 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:45.26 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:31.86 S	F	200 IM	22/11/2019	West Wales Sub Regional Competition 2019	
Jack Morgan (12) M					
33.65 S	F	50 Free	31/01/2020	West Wales Regionals 2020	
1:10.25 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
2:36.46 S	F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
5:31.02 S	F	400 Free	22/11/2019	West Wales Sub Regional Competition 2019	
11:20.68 S	F	800 Free	31/01/2020	West Wales Regionals 2020	
21:55.96 S	F	1500 Free	31/01/2020	West Wales Regionals 2020	
40.33 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:26.32 S	F	100 Back	31/01/2020	West Wales Regionals 2020	
2:57.07 S	F	200 Back	12/10/2019	Pembrokeshire County Championships 2019	
48.60 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
1:48.66 S	F	100 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
3:49.34 S	F	200 Breast	12/10/2019	Pembrokeshire County Championships 2019	
37.31 S	F	50 Fly	31/01/2020	West Wales Regionals 2020	
1:25.13 S	P	100 Fly	31/01/2020	West Wales Regionals 2020	
3:14.73 S	F	200 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:34.31 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:02.14 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
6:22.85 S	F	400 IM	31/01/2020	West Wales Regionals 2020	
Emily Moseley (9) F					

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Time	P/F/S	Event			
Emily Moseley (9) F					
33.49 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:01.18 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
4:36.44 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
32.93 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:06.26 S	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
44.12 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:22.54 S	F	50 Breast	12/10/2019	Pembrokeshire County Championships 2019	
34.31 S	F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
2:33.00 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
Sophie Moseley (13) F					
28.33 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
37.46 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:23.68 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
3:03.05 S	F	200 Free	12/10/2019	Pembrokeshire County Championships 2019	
6:48.91 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
13:20.51 S	F	800 Free	22/11/2019	West Wales Sub Regional Competition 2019	
37.86 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
41.52 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:28.73 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
3:09.61 S	F	200 Back	12/10/2019	Pembrokeshire County Championships 2019	
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	
1:48.64 S	F	100 Breast	04/05/2019	Spring Open Meet 2019	
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	
1:50.05 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:37.77 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:31.63 S	F	200 IM	04/05/2019	Spring Open Meet 2019	
7:38.93 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Ffion Moses (14) F					
30.89 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:08.33 S	F	100 Free	04/05/2019	Spring Open Meet 2019	
35.89 S L	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
1:17.56 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
2:51.65 S	F	200 IM	04/05/2019	Spring Open Meet 2019	
Ioan Mutter (13) M					
20.58 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
31.94 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:12.14 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:39.31 S	F	200 Free	12/10/2019	Pembrokeshire County Championships 2019	
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	
42.46 S	F	50 Back	22/11/2019	West Wales Sub Regional Competition 2019	
1:28.21 S	F	100 Back	12/10/2019	Pembrokeshire County Championships 2019	
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	
1:36.96 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
3:36.90 S	F	200 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
36.34 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:28.20 S	F	100 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:30.90 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:07.15 S	F	200 IM	12/10/2019	Pembrokeshire County Championships 2019	
7:30.33 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Alice Oliver (11) F					
20.44 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
36.77 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:28.54 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:08.77 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
7:03.24 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	

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Time	P/F/S	Event			
Alice Oliver (11) F					
22.96 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
44.13 S L	F	50 Back	31/01/2020	West Wales Regionals 2020	
1:57.55 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:36.23 S	F	200 Back	12/10/2019	Pembrokeshire County Championships 2019	
26.79 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
48.37 S	P	50 Breast	31/01/2020	West Wales Regionals 2020	
1:52.86 S	F	100 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
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	
1:35.60 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:52.99 S	F	200 IM	12/10/2019	Pembrokeshire County Championships 2019	
Rosie Oliver (10) F					
23.88 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
46.49 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
2:12.26 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:49.10 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
26.75 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
57.93 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
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	
1:03.62 S	F	50 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
2:12.87 S	F	100 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
30.96 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:52.91 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
4:16.66 S	F	200 IM	28/06/2019	Pembroke & District Long Distance 2019	
Julia Ostrowski (11) F					
47.19 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
54.32 S	F	50 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
Nia Price (11) F					
50.91 S	F	50 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:01.00 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
William Pugh (10) M					
4:11.06 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
1:06.24 S	F	50 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
Cory Shelmerdine (9) M					
27.17 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
56.87 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
4:13.94 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
28.71 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.24 S	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
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 (15) M					
17.06 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
26.17 S	F	50 Free	04/05/2019	Spring Open Meet 2019	
57.68 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
2:11.42 S	F	200 Free	04/05/2019	Spring Open Meet 2019	
5:05.25 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
19:05.71 S	F	1500 Free	22/11/2019	West Wales Sub Regional Competition 2019	
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	
31.92 S	F	50 Breast	31/01/2020	West Wales Regionals 2020	
1:11.38 S	F	100 Breast	04/05/2019	Spring Open Meet 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	
29.05 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	

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Time	P/F/S	Event			
Charlie Shiels (15) M					
1:04.91 S	F	100 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
3:02.57 S	F	200 Fly	29/01/2016	West Wales Regionals 2016	
1:04.35 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
2:22.83 S	F	200 IM	04/05/2019	Spring Open Meet 2019	
5:31.31 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ewan Sture (12) 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	
1:51.47 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
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	
2:15.37 S	F	100 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
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	
4:22.05 S	F	200 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Lissie-Ann Tatesall (12) F					
2:07.34 S	F	100 Free	06/12/2019	Pembroke & District 45th Annual Championships	
2:27.04 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
Abigail Thomas (13) F					
20.26 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
33.19 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:12.09 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
1:12.09 S	F	100 Free	06/12/2019	Pembroke & District 45th Annual Championships	
2:39.86 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
5:52.49 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
12:27.06 S	F	800 Free	22/11/2019	West Wales Sub Regional Competition 2019	
25.28 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
40.62 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:29.34 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
3:13.19 S	F	200 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
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	
37.30 S	P	50 Fly	31/01/2020	West Wales Regionals 2020	
1:27.43 S	P	100 Fly	31/01/2020	West Wales Regionals 2020	
3:41.83 S	F	200 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:27.03 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
3:08.73 S	F	200 IM	04/05/2019	Spring Open Meet 2019	
6:50.63 S	F	400 IM	28/06/2019	Pembroke & District Long Distance 2019	
Daniel Thomas (22) 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	
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	

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Time	P/F/S	Event			
Daniel Thomas (22) M					
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	
26.97 S	F	50 Fly	31/01/2020	West Wales Regionals 2020	
59.84 S	F	100 Fly	31/01/2020	West Wales Regionals 2020	
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 (12) F					
38.37 S	P	50 Free	31/01/2020	West Wales Regionals 2020	
1:23.94 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
3:10.16 S	F	200 Free	12/10/2019	Pembrokeshire County Championships 2019	
6:48.28 S	F	400 Free	22/11/2019	West Wales Sub Regional Competition 2019	
42.11 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:34.88 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
3:39.04 S	F	200 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
50.49 S	F	50 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
1:47.18 S	F	100 Breast	12/10/2019	Pembrokeshire County Championships 2019	
3:47.72 S	F	200 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
29.34 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
45.72 S	F	50 Fly	12/10/2019	Pembrokeshire County Championships 2019	
1:55.37 S	F	100 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
4:10.53 S	F	200 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:37.29 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
3:25.35 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
8:11.41 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Freya Thompson (9) F					
19.43 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
45.36 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
1:54.85 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:13.80 S	F	200 Free	28/06/2019	Pembroke & District Long Distance 2019	
22.07 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
53.38 S	F	50 Back	12/10/2019	Pembrokeshire County Championships 2019	
31.38 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
22.19 S	F	25 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
53.15 S	F	50 Fly	12/10/2019	Pembrokeshire County Championships 2019	
2:17.83 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:53.40 S	F	100 IM	06/12/2019	Pembroke & District 45th Annual Championships	
4:26.16 S	F	200 IM	28/06/2019	Pembroke & District Long Distance 2019	
James Townsend (13) 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	
3:17.44 S	F	200 Free	12/10/2019	Pembrokeshire County Championships 2019	
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	
46.79 S	F	50 Breast	12/10/2019	Pembrokeshire County Championships 2019	
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	
Arno Turner (18) M					
25.27 S L	F	50 Free	31/01/2020	West Wales Regionals 2020	
56.35 S	P	100 Free	31/01/2020	West Wales Regionals 2020	
2:10.95 S	F	200 Free	31/01/2020	West Wales Regionals 2020	

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Time	P/F/S	Event			
Arno Turner (18) M					
29.58 S	P	50 Back	31/01/2020	West Wales Regionals 2020	
1:03.57 S	F	100 Back	31/01/2020	West Wales Regionals 2020	
2:20.14 S	F	200 Back	31/01/2020	West Wales Regionals 2020	
34.00 S	F	50 Breast	31/01/2020	West Wales Regionals 2020	
1:15.22 S	F	100 Breast	31/01/2020	West Wales Regionals 2020	
2:44.35 S	F	200 Breast	31/01/2020	West Wales Regionals 2020	
27.42 S	P	50 Fly	31/01/2020	West Wales Regionals 2020	
1:01.68 S	F	100 Fly	06/12/2019	Pembroke & District 45th Annual Championships	
1:04.39 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
2:21.65 S	F	200 IM	31/01/2020	West Wales Regionals 2020	
Daniel Twynam (16) M					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
32.71 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:13.37 S	F	100 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:38.91 S	F	200 Free	22/11/2019	West Wales Sub Regional Competition 2019	
6:36.34 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
22.75 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
1:23.94 S	F	100 Back	06/12/2019	Pembroke & District 45th Annual Championships	
3:24.11 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:36.22 S	F	100 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
3:52.38 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
38.16 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:30.72 S	F	100 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:26.56 S	F	100 IM	06/12/2019	Pembroke & District 45th 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 (14) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
34.82 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
1:18.65 S	F	100 Free	06/12/2019	Pembroke & District 45th Annual Championships	
2:43.96 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
5:53.35 S	F	400 Free	22/11/2019	West Wales Sub Regional Competition 2019	
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	
1:35.91 S	F	100 Back	06/12/2019	Pembroke & District 45th 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	
1:43.14 S	F	100 Breast	06/12/2019	Pembroke & District 45th 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	
39.54 S	F	50 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:30.86 S	F	100 Fly	22/11/2019	West Wales Sub Regional Competition 2019	
1:31.36 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
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	
Philip Twynam (9) M					
22.45 S	F	25 Free	06/12/2019	Pembroke & District 45th Annual Championships	
58.87 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:06.80 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
24.21 S	F	25 Back	06/12/2019	Pembroke & District 45th Annual Championships	
31.17 S	F	25 Breast	06/12/2019	Pembroke & District 45th Annual Championships	
2:08.10 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	
Stephanie Voyle (11) F					
56.48 S	F	50 Free	22/11/2019	West Wales Sub Regional Competition 2019	
56.48 S	F	50 Free	12/10/2019	Pembrokeshire County Championships 2019	
2:24.87 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:57.98 S	F	200 Free	06/12/2019	Pembroke & District 45th Annual Championships	
9:51.03 S	F	400 Free	28/06/2019	Pembroke & District Long Distance 2019	
58.96 S	F	50 Back	06/12/2019	Pembroke & District 45th Annual Championships	
1:07.48 S	F	50 Breast	22/11/2019	West Wales Sub Regional Competition 2019	

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Time	P/F/S	Event			
Stephanie Voyle (11) F					
2:26.22 S	F	100 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
4:53.05 S	F	200 Breast	22/11/2019	West Wales Sub Regional Competition 2019	
1:29.60 S	F	50 Fly	04/05/2019	Spring Open Meet 2019	
3:34.60 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
2:26.78 S	F	100 IM	12/10/2019	Pembrokeshire County Championships 2019	