

Individual Top Times

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

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

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Time	P/F/S	Event			
Megan Cole (12) F					
3:12.85 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
7:11.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
Shanai Colley (12) F					
1:00.71 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:26.69 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:14.72 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
Rhys Davies (16) M					
29.46 S	P	50 Free	30/01/2015	West Wales Regionals 2015	
57.13 S	P	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:03.55 S	P	200 Free	02/12/2016	Swim Wales Short Course Championships 2016	
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	
29.89 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:03.21 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
2:13.99 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
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	
1:05.67 S	P	100 Fly	02/02/2018	West Wales Regionals 2018	
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	
2:20.72 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
4:52.35 S	F	400 IM	02/12/2016	Swim Wales Short Course Championships 2016	
Nyah Elliott (11) F					
59.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.50 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.63 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
Aria Evans (9) F					
21.94 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:46.31 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.61 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
23.19 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:05.32 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:03.37 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
28.39 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:11.50 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:24.76 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:12.69 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:35.63 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Ben Evans (11) M					
52.79 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:13.74 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:00.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:20.51 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:10.53 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
Charlotte Evans (12) F					
20.84 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
38.52 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:29.30 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
3:23.41 S	F	200 Free	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
21.33 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
46.07 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:41.96 S	F	100 Back	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
4:02.03 S	F	200 Back	26/09/2015	Pembrokeshire County Championships 2015	
30.88 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
54.29 S	F	50 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
1:58.32 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
4:43.30 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	

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Time	P/F/S	Event			
Charlotte Evans (12) F					
25.25 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
42.30 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
1:49.27 S	F	100 Fly	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
1:43.58 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
3:36.25 S	F	200 IM	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
Marilla Evans (10) F					
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
36.87 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.78 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:58.41 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
21.13 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
44.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
23.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.87 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:38.15 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
18.81 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
41.41 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:45.78 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:35.62 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:21.90 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Niamh Evans (10) F					
29.62 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
47.46 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:00.27 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:11.05 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:02.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.91 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:13.85 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:01.37 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:17.42 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:47.71 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:12.95 S	F	100 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:48.17 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Arron Fitzsimmons (13) M					
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge	
29.32 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:03.51 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:19.69 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
4:52.96 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
19:13.38 S	F	1500 Free	02/02/2018	West Wales Regionals 2018	
20.12 S	F	25 Back	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
32.90 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:10.67 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
1:10.67 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:29.84 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
22.15 S	F	25 Breast	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
36.05 S	F	50 Breast	02/02/2018	West Wales Regionals 2018	
1:22.13 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
3:00.91 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
21.85 S	F	25 Fly	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
33.04 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:13.11 S	F	100 Fly	02/02/2018	West Wales Regionals 2018	
3:36.93 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:12.70 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
2:35.45 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
5:32.08 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Hannah Greenwood (13) F					
21.83 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
31.52 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:08.54 S	P	100 Free	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event			
Hannah Greenwood (13) F					
2:30.49	S	F	200	Free	02/02/2018 West Wales Regionals 2018
5:31.86	S	F	400	Free	14/10/2017 Pembrokeshire County Championships 2017
11:20.41	S	F	800	Free	24/11/2017 West Wales Sub Regional Competition 2017
20.82	S	F	25	Back	06/06/2015 Dyfed Junior Challenge
34.77	S	F	50	Back	02/02/2018 West Wales Regionals 2018
1:14.28	S	F	100	Back	02/02/2018 West Wales Regionals 2018
2:39.87	S	F	200	Back	02/02/2018 West Wales Regionals 2018
46.71	S	F	50	Breast	07/05/2017 Amman Valley Open Meet 2017
1:37.01	S	F	100	Breast	14/10/2017 Pembrokeshire County Championships 2017
37.48	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:27.35	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:20.98	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
2:49.46	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
8:03.25	S	F	400	IM	26/07/2015 Pembroke & District Summer Long Distance 2015
Cerys Griffiths (7) F					
22.56	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
53.04	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
26.47	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
59.81	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
35.80	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:09.47	S	F	50	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
30.28	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
2:15.31	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
Tomas Griffiths (15) M					
22.46	S	F	25	Free	24/10/2009 Pembrokeshire County Swimming Championships
33.40	S	P	50	Free	29/01/2016 West Wales Regionals 2016
1:13.61	S	F	100	Free	24/09/2016 Pembrokeshire County Championships 2016
2:32.10	S	F	200	Free	09/12/2016 Pembroke & District 42nd Annual Championships
5:47.30	S	F	400	Free	27/11/2015 West Wales Sub Regional Competition 2015
21:14.47	S	F	1500	Free	25/11/2016 West Wales Sub Regional Competition 2016
1:29.75	S	F	100	Back	24/05/2015 Amman Valley Open Meet 2015
3:22.10	S	F	200	Back	11/10/2014 Pembrokeshire County Championships 2014
43.92	S	P	50	Breast	29/01/2016 West Wales Regionals 2016
1:36.01	S	P	100	Breast	29/01/2016 West Wales Regionals 2016
3:31.31	S	F	200	Breast	29/11/2014 West Wales Sub Regional Competition 2014
50.95	S S	F	50	Fly	29/11/2014 West Wales Sub Regional Competition 2014
1:56.04	S	F	100	Fly	12/12/2014 Pembroke & District 40th Annual Championships
1:36.71	S	F	100	IM	12/12/2014 Pembroke & District 40th Annual Championships
3:11.94	S	F	200	IM	24/05/2015 Amman Valley Open Meet 2015
Abigail Hillary (9) F					
18.72	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
39.06	S	P	50	Free	10/03/2018 Llanelli ASC - Open Meet 2018
1:43.33	S	F	100	Free	09/04/2017 West Wales Region 'No Time' Gala 2017
26.10	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
48.78	S	P	50	Back	10/03/2018 Llanelli ASC - Open Meet 2018
1:48.12	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
23.51	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
53.50	S	F	50	Breast	10/03/2018 Llanelli ASC - Open Meet 2018
1:57.99	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
30.00	S	F	25	Fly	09/12/2016 Pembroke & District 42nd Annual Championships
1:02.75	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:45.44	S	F	100	IM	10/03/2018 Llanelli ASC - Open Meet 2018
Benjamin Hillary (12) M					
17.22	S	F	25	Free	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
32.62	S	P	50	Free	02/02/2018 West Wales Regionals 2018
1:13.84	S	F	100	Free	14/10/2017 Pembrokeshire County Championships 2017
2:46.97	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
6:12.66	S	F	400	Free	25/11/2016 West Wales Sub Regional Competition 2016
20.95	S	F	25	Back	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
36.84	S L	F	50	Back	02/02/2018 West Wales Regionals 2018

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Time	P/F/S	Event			
Benjamin Hillary (12) M					
1:20.97	S	F	100	Back	02/02/2018 West Wales Regionals 2018
3:09.18	S	F	200	Back	03/02/2017 West Wales Regionals 2017
45.67	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:42.36	S	P	100	Breast	02/02/2018 West Wales Regionals 2018
4:06.99	S	F	200	Breast	20/03/2016 West Wales Region 'No Time' Gala 2016
35.81	S	P	50	Fly	02/02/2018 West Wales Regionals 2018
1:24.14	S	F	100	Fly	08/04/2018 West Wales Region 'No Time' Gala 2018
1:27.56	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:55.94	S	F	200	IM	02/02/2018 West Wales Regionals 2018
Amelie Hounsell (8) F					
20.56	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
48.86	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
23.06	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
Lena Hughes (13) F					
36.41	S	F	50	Free	05/06/2016 Amman Valley Open Meet 2016
1:15.26	S	F	100	Free	24/11/2017 West Wales Sub Regional Competition 2017
2:47.40	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
6:04.34	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
23.76	S	F	25	Back	03/05/2014 Dyfed Junior Challenge
37.03	S	F	50	Back	24/11/2017 West Wales Sub Regional Competition 2017
1:22.96	S	F	100	Back	14/10/2017 Pembrokeshire County Championships 2017
3:41.15	S	F	200	Back	27/11/2015 West Wales Sub Regional Competition 2015
42.88	S	F	50	Breast	24/11/2017 West Wales Sub Regional Competition 2017
1:35.29	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
3:25.83	S	F	200	Breast	14/10/2017 Pembrokeshire County Championships 2017
39.59	S	F	50	Fly	07/05/2017 Amman Valley Open Meet 2017
1:32.03	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
3:58.90	S	F	200	Fly	20/03/2016 West Wales Region 'No Time' Gala 2016
1:26.31	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
3:07.82	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
6:37.02	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Maddy James (11) F					
50.88	S	F	50	Free	09/12/2016 Pembroke & District 42nd Annual Championships
58.00	S	F	50	Back	09/12/2016 Pembroke & District 42nd Annual Championships
1:55.15	S	F	100	IM	14/10/2017 Pembrokeshire County Championships 2017
Cai Johnson (10) M					
26.80	S	F	25	Free	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
1:52.38	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:36.51	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
59.68	S	F	50	Back	09/04/2017 West Wales Region 'No Time' Gala 2017
2:06.48	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
2:21.89	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
36.95	S	F	25	Fly	09/12/2016 Pembroke & District 42nd Annual Championships
4:47.81	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Bethan Jones (14) F					
19.34	S	F	25	Free	11/11/2011 Milford Tigers Club Championships
29.29	S	F	50	Free	03/02/2017 West Wales Regionals 2017
1:02.63	S	P	100	Free	02/12/2016 Swim Wales Short Course Championships 2016
2:16.46	S	F	200	Free	14/10/2017 Pembrokeshire County Championships 2017
4:48.52	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
9:46.99	S	F	800	Free	24/11/2017 West Wales Sub Regional Competition 2017
24.84	S	F	25	Back	11/11/2011 Milford Tigers Club Championships
32.41	S	F	50	Back	03/02/2017 West Wales Regionals 2017
1:10.35	S	F	100	Back	03/02/2017 West Wales Regionals 2017
2:31.57	S	F	200	Back	24/11/2017 West Wales Sub Regional Competition 2017
22.85	S	F	25	Breast	01/06/2013 Dyfed Junior Challenge
36.50	S	F	50	Breast	03/02/2017 West Wales Regionals 2017
1:19.77	S	F	100	Breast	07/05/2017 Amman Valley Open Meet 2017
2:58.62	S	F	200	Breast	29/01/2016 West Wales Regionals 2016
15.37	S	F	25	Fly	06/06/2015 Dyfed Junior Challenge

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Time	P/F/S	Event			
Bethan Jones (14) F					
30.04 S	F	50 Fly	02/02/2018	West Wales Regionals 2018	
1:07.46 S	P	100 Fly	02/12/2016	Swim Wales Short Course Championships 2016	
2:27.19 S	F	200 Fly	22/11/2016	Stockport Metro November Meet	
1:11.60 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:31.61 S	P	200 IM	22/11/2016	Stockport Metro November Meet	
5:23.05 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
Cai Jones (11) M					
1:57.14 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:01.27 S	F	200 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:13.83 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:39.00 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Molly Jones (12) F					
44.22 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:38.46 S	F	100 Free	24/11/2017	West Wales Sub Regional Competition 2017	
4:05.89 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
50.84 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:50.78 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
47.44 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:47.51 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:53.21 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:53.41 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:58.20 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Callum Keane (8) M					
47.16 S	F	50 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:44.65 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:55.90 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
23.20 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
54.07 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:55.24 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
27.86 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:10.46 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:11.55 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
25.60 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:07.72 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
Jayden Keane (12) M					
24.65 S	F	25 Free	09/07/2012	Tenby Dolphins Club Championships 2012	
31.44 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:10.27 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:27.32 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
5:21.63 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
20:17.33 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
25.91 S	F	25 Back	02/11/2013	Neath ASC Open Meet 2013	
37.36 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:20.31 S	F	100 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
3:44.78 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014	
24.39 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
45.67 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:34.47 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
3:40.17 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.03 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
35.65 S	P	50 Fly	02/02/2018	West Wales Regionals 2018	
1:25.46 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:22.33 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:50.67 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
6:10.44 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Carys Kenniford (10) F					
48.44 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
Lewys Kettle (14) M					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
38.28 S	F	50 Free	12/12/2014	Pembroke & District 40th Annual Championships	

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Time	P/F/S	Event			
Lewys Kettle (14) M					
1:12.51 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:33.83 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
5:35.89 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
21:18.88 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.77 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
46.07 S L	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015	
1:21.13 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
2:50.52 S	F	200 Back	24/11/2017	West Wales Sub Regional Competition 2017	
21.06 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
46.39 S	F	50 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
1:26.86 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
3:07.63 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
21.88 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
53.86 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:28.37 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:36.49 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:24.51 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:52.41 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rowan Kettle (17) M					
21.64 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
26.83 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
58.24 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:14.47 S	F	200 Free	27/02/2016	Llanelli ASC - Open Meet 2016	
4:43.04 S	F	400 Free	22/11/2015	Hereford Open Meet 2015	
10:38.19 S S	F	800 Free	29/11/2014	West Wales Sub Regional Competition 2014	
18:49.14 S	F	1500 Free	27/11/2015	West Wales Sub Regional Competition 2015	
20.29 S	F	25 Back	19/05/2012	dyfed junior challenge	
30.40 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:07.74 S	F	100 Back	24/11/2017	West Wales Sub Regional Competition 2017	
2:28.52 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
21.67 S	F	25 Breast	20/01/2012	llanelli novice gala	
37.83 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:15.61 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:54.53 S	F	200 Breast	22/11/2015	Hereford Open Meet 2015	
17.20 S	F	25 Fly	22/03/2012	Pembrokeshire Schools Inter Schools Gala	
35.49 S S	F	50 Fly	21/06/2014	TORFAEN OPEN MEET LEVEL 2 2014	
1:07.70 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:50.40 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:10.37 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:26.27 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
5:23.04 S	F	400 IM	26/09/2015	Pembrokeshire County Championships 2015	
Aneurin Lee (10) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
38.46 S L	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:32.21 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:26.81 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
23.66 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
41.43 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:35.83 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
3:22.29 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.86 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
53.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
21.61 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017	
1:39.09 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:23.34 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Dylan Lee (8) M					
21.06 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
49.04 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	

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Time	P/F/S	Event			
Dylan Lee (8) M					
1:41.76	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:32.16	S	F	200	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
53.10	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
1:03.13	S	F	50	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
57.94	S	F	50	Fly	17/06/2018 West Wales Region - Junior Dev. Meet 2018
2:00.66	S	F	100	IM	17/06/2018 West Wales Region - Junior Dev. Meet 2018
5:01.11	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
Georgia Lee (13) F					
21.37	S	F	25	Free	06/12/2013 Pembroke & District 39th Annual Championships
33.32	S	F	50	Free	24/11/2017 West Wales Sub Regional Competition 2017
1:15.93	S	F	100	Free	07/05/2017 Amman Valley Open Meet 2017
2:44.01	S	F	200	Free	24/11/2017 West Wales Sub Regional Competition 2017
6:11.09	S	F	400	Free	14/10/2017 Pembrokeshire County Championships 2017
28.61	S	F	25	Back	06/12/2013 Pembroke & District 39th Annual Championships
42.11	S	F	50	Back	25/11/2016 West Wales Sub Regional Competition 2016
1:23.02	S	P	100	Back	02/02/2018 West Wales Regionals 2018
2:59.14	S	F	200	Back	14/10/2017 Pembrokeshire County Championships 2017
31.68	S	F	25	Breast	06/12/2013 Pembroke & District 39th Annual Championships
46.11	S	F	50	Breast	25/11/2016 West Wales Sub Regional Competition 2016
1:33.15	S	P	100	Breast	02/02/2018 West Wales Regionals 2018
3:19.53	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
52.28	S	F	50	Fly	24/05/2015 Amman Valley Open Meet 2015
1:38.08	S	F	100	Fly	07/05/2017 Amman Valley Open Meet 2017
1:27.77	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
3:08.05	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
Martha Lee (9) F					
26.57	S	F	25	Free	09/12/2016 Pembroke & District 42nd Annual Championships
56.16	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
1:56.38	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
31.65	S	F	25	Back	09/12/2016 Pembroke & District 42nd Annual Championships
57.08	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
Caera Lewis (12) F					
16.91	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
34.09	S	F	50	Free	03/02/2017 West Wales Regionals 2017
1:14.65	S	F	100	Free	07/05/2017 Amman Valley Open Meet 2017
2:34.05	S	F	200	Free	02/02/2018 West Wales Regionals 2018
5:22.17	S	F	400	Free	02/02/2018 West Wales Regionals 2018
11:09.56	S	F	800	Free	02/02/2018 West Wales Regionals 2018
19.32	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
38.96	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:25.46	S	F	100	Back	07/05/2017 Amman Valley Open Meet 2017
3:03.77	S	F	200	Back	03/02/2017 West Wales Regionals 2017
22.09	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
40.49	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:28.25	S	F	100	Breast	02/02/2018 West Wales Regionals 2018
3:16.75	S	F	200	Breast	14/10/2017 Pembrokeshire County Championships 2017
18.00	S	F	25	Fly	11/12/2015 Pembroke & District 41st Annual Championships
35.39	S	F	50	Fly	02/02/2018 West Wales Regionals 2018
1:28.90	S	F	100	Fly	07/05/2017 Amman Valley Open Meet 2017
3:17.64	S	F	200	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:24.35	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:53.20	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
6:09.95	S	F	400	IM	14/10/2017 Pembrokeshire County Championships 2017
Edward Lister (11) M					
23.53	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
39.74	S	F	50	Free	09/04/2017 West Wales Region 'No Time' Gala 2017
1:25.63	S	P	100	Free	10/03/2018 Llanelli ASC - Open Meet 2018
3:07.66	S	F	200	Free	10/03/2018 Llanelli ASC - Open Meet 2018
7:11.20	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
28.60	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships

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Time	P/F/S	Event			
Edward Lister (11) M					
54.19 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:46.74 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
44.20 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
51.67 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:51.11 S	F	100 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
29.89 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
41.42 S	F	50 Fly	02/02/2018	West Wales Regionals 2018	
1:37.40 S	F	100 Fly	10/03/2018	Llanelli ASC - Open Meet 2018	
1:40.20 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:23.18 S	F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
7:20.93 S	F	400 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Hazel Lister (9) F					
21.09 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
46.64 S	P	50 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
2:03.15 S	F	100 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:45.02 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
24.09 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
51.88 S	P	50 Back	10/03/2018	Llanelli ASC - Open Meet 2018	
26.81 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.16 S	P	50 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
23.41 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:17.77 S	F	50 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:49.53 S	F	100 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Rosie Llewellyn (15) F					
16.45 S	F	25 Free	20/01/2012	llanelli novice gala	
29.88 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
29.88 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:04.35 S	F	100 Free	02/02/2018	West Wales Regionals 2018	
2:18.22 S	F	200 Free	03/02/2017	West Wales Regionals 2017	
4:48.03 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
9:58.67 S	F	800 Free	02/02/2018	West Wales Regionals 2018	
22.56 S	F	25 Back	18/11/2011	Pembroke & District 37th Annual Championships	
35.87 S	P	50 Back	18/12/2015	Swim Wales Short Course Championships 2015	
1:15.85 S	F	100 Back	05/06/2016	Amman Valley Open Meet 2016	
2:45.87 S	F	200 Back	24/09/2016	Pembrokeshire County Championships 2016	
18.27 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge	
36.11 S	P	50 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
1:17.62 S	P	100 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
2:49.51 S	F	200 Breast	22/11/2016	Stockport Metro November Meet	
21.50 S	F	25 Fly	18/11/2011	Pembroke & District 37th Annual Championships	
33.02 S	P	50 Fly	18/12/2015	Swim Wales Short Course Championships 2015	
1:13.75 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:49.90 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:16.13 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:35.55 S	P	200 IM	18/12/2015	Swim Wales Short Course Championships 2015	
5:25.40 S	F	400 IM	05/06/2016	Amman Valley Open Meet 2016	
Fleur Lord (10) F					
55.84 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:57.69 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:13.64 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
57.97 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:05.45 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:37.49 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:48.69 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Rebecca Mason (10) F					
23.65 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
47.88 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.49 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
4:23.33 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
26.89 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	

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Time	P/F/S	Event			
Rebecca Mason (10) F					
50.24 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:16.59 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:07.48 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.46 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.37 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:32.19 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:05.92 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:32.36 S	F	100 IM	20/03/2016	West Wales Region 'No Time' Gala 2016	
Nieve McNally (11) F					
42.63 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:43.99 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:35.47 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
8:23.50 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:09.09 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
2:16.37 S	F	100 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
58.29 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
Ben Morgan (8) M					
21.87 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
58.46 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:49.89 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:06.90 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
29.35 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:00.51 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:13.96 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:46.96 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:14.90 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:44.10 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:35.02 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
Jack Morgan (10) M					
39.23 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:30.06 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:33.27 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
8:01.57 S	F	400 Free	24/11/2017	West Wales Sub Regional Competition 2017	
31:42.02 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
51.36 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
3:58.21 S	F	200 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:11.18 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:03.41 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:31.96 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:04.27 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
2:00.39 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:49.15 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Chloe Morris (12) F					
22.97 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
43.20 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:27.81 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.91 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.91 S	F	200 Free	24/11/2017	West Wales Sub Regional Competition 2017	
6:15.71 S	F	400 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.56 S	F	25 Back	12/12/2014	Pembroke & District 40th Annual Championships	
43.65 S	P	50 Back	03/02/2017	West Wales Regionals 2017	
1:35.34 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
3:19.49 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
29.85 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
50.24 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:48.66 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:41.27 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
26.81 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
51.26 S	F	50 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	

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Time	P/F/S	Event			
Chloe Morris (12) F					
1:56.04	S	F	100	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
1:38.72	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
3:34.12	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
7:41.28	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Fred Morris (9) M					
21.14	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
53.27	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
1:57.79	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:06.63	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
27.34	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:01.91	S	F	50	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
31.51	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:03.03	S	F	50	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
Jessica Morris (14) F					
26.14	S	F	25	Free	30/11/2012 Pembroke & District 38th Annual Championships
36.99	S	F	50	Free	25/11/2016 West Wales Sub Regional Competition 2016
1:17.13	S	F	100	Free	15/12/2017 Pembroke & District 43rd Annual Championships
2:46.44	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
6:06.50	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
28.72	S	F	25	Back	30/11/2012 Pembroke & District 38th Annual Championships
49.40	S	F	50	Back	24/05/2015 Amman Valley Open Meet 2015
1:27.49	S	F	100	Back	07/05/2017 Amman Valley Open Meet 2017
3:39.16	S	F	200	Back	27/11/2015 West Wales Sub Regional Competition 2015
26.82	S	F	25	Breast	30/11/2012 Pembroke & District 38th Annual Championships
40.48	S	F	50	Breast	02/02/2018 West Wales Regionals 2018
1:28.57	S	F	100	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
3:10.10	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
42.30	S	F	50	Fly	25/11/2016 West Wales Sub Regional Competition 2016
1:25.63	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
2:56.48	S	F	200	IM	07/05/2017 Amman Valley Open Meet 2017
6:34.46	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Sophie Moseley (11) F					
28.33	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
42.49	S	F	50	Free	24/11/2017 West Wales Sub Regional Competition 2017
1:34.62	S	P	100	Free	10/03/2018 Llanelli ASC - Open Meet 2018
3:43.67	S	F	200	Free	24/11/2017 West Wales Sub Regional Competition 2017
8:43.06	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
37.86	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
57.61	S	F	50	Back	14/10/2017 Pembrokeshire County Championships 2017
1:53.16	S	F	100	Back	24/11/2017 West Wales Sub Regional Competition 2017
4:30.69	S	F	200	Back	14/10/2017 Pembrokeshire County Championships 2017
41.62	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
1:01.40	S	F	50	Breast	14/10/2017 Pembrokeshire County Championships 2017
2:13.53	S	F	100	Breast	24/11/2017 West Wales Sub Regional Competition 2017
4:35.01	S	F	200	Breast	24/11/2017 West Wales Sub Regional Competition 2017
1:10.57	S	F	50	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
2:55.39	S	F	100	Fly	17/06/2017 West Wales Region - Junior Dev. Meet 2017
2:05.51	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
4:59.23	S	F	200	IM	17/06/2017 West Wales Region - Junior Dev. Meet 2017
10:12.13	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Ioan Mutter (11) M					
20.58	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
35.33	S	F	50	Free	02/02/2018 West Wales Regionals 2018
1:26.59	S	F	100	Free	07/05/2017 Amman Valley Open Meet 2017
3:13.59	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
7:04.86	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
27.65	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
43.56	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
2:16.37	S	F	100	Back	22/03/2015 West Wales Region 'No Time' Gala 2015
3:43.62	S	F	200	Back	09/04/2017 West Wales Region 'No Time' Gala 2017

Individual Top Times

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Time	P/F/S	Event			
Ioan Mutter (11) M					
25.30	S	F	25	Breast	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
47.86	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:49.31	S	F	100	Breast	14/10/2017 Pembrokeshire County Championships 2017
4:24.69	S	F	200	Breast	24/09/2016 Pembrokeshire County Championships 2016
42.59	S	P	50	Fly	02/02/2018 West Wales Regionals 2018
1:45.74	S	F	100	Fly	09/04/2017 West Wales Region 'No Time' Gala 2017
1:38.17	S	F	100	IM	11/03/2017 Llanelli ASC - Open Meet 2017
3:46.88	S	F	200	IM	25/11/2016 West Wales Sub Regional Competition 2016
8:02.18	S	F	400	IM	21/07/2017 Pembroke & District Summer Long Distance 2017
Alice Oliver (10) F					
20.44	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
52.60	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
1:58.89	S	F	100	Free	14/10/2017 Pembrokeshire County Championships 2017
3:47.54	S	F	200	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
22.96	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:00.77	S	F	50	Back	14/10/2017 Pembrokeshire County Championships 2017
1:57.55	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
26.79	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
2:12.36	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
26.62	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
2:04.34	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
4:36.06	S	F	200	IM	08/04/2018 West Wales Region 'No Time' Gala 2018
Rosie Oliver (8) F					
26.90	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
57.39	S	F	50	Free	14/10/2017 Pembrokeshire County Championships 2017
2:12.26	S	F	100	Free	08/04/2018 West Wales Region 'No Time' Gala 2018
4:31.14	S	F	200	Free	15/12/2017 Pembroke & District 43rd Annual Championships
30.38	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:03.20	S	F	50	Back	14/10/2017 Pembrokeshire County Championships 2017
2:15.68	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
33.00	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
1:14.22	S	F	50	Breast	14/10/2017 Pembrokeshire County Championships 2017
2:36.10	S	F	100	Breast	08/04/2018 West Wales Region 'No Time' Gala 2018
31.57	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
2:29.03	S	F	100	IM	15/12/2017 Pembroke & District 43rd Annual Championships
Lauren Omnet (14) F					
18.65	S	F	25	Free	23/06/2012 Torfaen Open Meet June 2012 Level 4 JDM
32.17	S L	F	50	Free	03/02/2017 West Wales Regionals 2017
1:09.20	S	P	100	Free	03/02/2017 West Wales Regionals 2017
2:24.22	S	F	200	Free	02/02/2018 West Wales Regionals 2018
4:58.69	S	F	400	Free	14/10/2017 Pembrokeshire County Championships 2017
9:59.77	S	F	800	Free	02/02/2018 West Wales Regionals 2018
20.31	S	F	25	Back	06/06/2015 Dyfed Junior Challenge
37.13	S L	F	50	Back	03/02/2017 West Wales Regionals 2017
1:18.29	S	P	100	Back	03/02/2017 West Wales Regionals 2017
2:38.60	S	F	200	Back	02/02/2018 West Wales Regionals 2018
25.74	S	F	25	Breast	30/11/2012 Pembroke & District 38th Annual Championships
39.25	S	P	50	Breast	03/02/2017 West Wales Regionals 2017
1:23.12	S	F	100	Breast	03/02/2017 West Wales Regionals 2017
2:48.30	S	F	200	Breast	02/02/2018 West Wales Regionals 2018
22.78	S	F	25	Fly	23/06/2012 Torfaen Open Meet June 2012 Level 4 JDM
41.93	S	P	50	Fly	30/01/2015 West Wales Regionals 2015
1:20.90	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
3:09.51	S	F	200	Fly	24/09/2016 Pembrokeshire County Championships 2016
1:19.90	S	F	100	IM	09/12/2016 Pembroke & District 42nd Annual Championships
2:41.37	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
5:34.59	S	F	400	IM	14/10/2017 Pembrokeshire County Championships 2017
James Price (13) M					
34.14	S	F	50	Free	07/05/2017 Amman Valley Open Meet 2017
40.75	S	F	50	Back	07/05/2017 Amman Valley Open Meet 2017

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Time	P/F/S	Event			
James Price (13) M					
46.94 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:30.64 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
Toby Price (11) M					
43.82 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
57.36 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:12.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
Scarlet Rattenberry (11) F					
2:02.22 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
Scarlett Rattenbury (11) F					
25.61 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
47.95 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
30.14 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
1:02.54 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016	
1:08.91 S	F	50 Breast	05/06/2016	Amman Valley Open Meet 2016	
2:16.62 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:08.50 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
2:11.18 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
4:36.48 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
Charlie Shiels (13) M					
17.06 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
28.94 S	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:06.61 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:26.08 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
5:27.87 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
19.42 S	F	25 Back	03/05/2014	Dyfed Junior Challenge	
33.89 S	F	50 Back	22/11/2016	Stockport Metro November Meet	
1:10.26 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
2:41.70 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
19.94 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
37.70 S	F	50 Breast	22/11/2016	Stockport Metro November Meet	
1:18.87 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
2:55.40 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
17.56 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
35.93 S	P	50 Fly	29/01/2016	West Wales Regionals 2016	
1:14.44 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.57 S	F	200 Fly	29/01/2016	West Wales Regionals 2016	
1:19.42 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:45.57 S	P	200 IM	02/12/2016	Swim Wales Short Course Championships 2016	
5:49.09 S	F	400 IM	02/12/2016	Swim Wales Short Course Championships 2016	
Ewan Sture (10) M					
22.57 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:58.85 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:21.70 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
26.13 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:10.86 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:25.66 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
31.09 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
30.97 S	F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:15.76 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:19.30 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:29.24 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
Maggie Sturley (11) F					
20.39 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
36.38 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:20.20 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:47.05 S	F	200 Free	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
6:23.83 S	F	400 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.12 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
43.40 S	P	50 Back	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event			
Maggie Sturley (11) F					
1:34.76 S	F	100 Back	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
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	
1:47.25 S	F	100 Breast	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
47.28 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:46.60 S	F	100 Fly	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
1:42.45 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:18.51 S	F	200 IM	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
Toby Sturley (14) M					
15.94 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
27.41 S L	F	50 Free	02/02/2018	West Wales Regionals 2018	
1:02.43 S	F	100 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
2:10.33 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
4:50.52 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
19:08.54 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
18.50 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
32.63 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:07.90 S	F	100 Back	02/02/2018	West Wales Regionals 2018	
2:27.29 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
25.44 S	F	25 Breast	12/11/2012	Milford Tigers Club Championships 2012	
40.73 S	F	50 Breast	24/09/2016	Pembrokeshire County Championships 2016	
1:19.50 S	F	100 Breast	02/02/2018	West Wales Regionals 2018	
2:53.58 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
19.66 S	F	25 Fly	10/11/2013	Milford Tigers Club Championships 2013	
34.42 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:13.14 S	F	100 Fly	03/02/2017	West Wales Regionals 2017	
2:47.34 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:10.80 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:26.00 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
5:22.62 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
Abigail Thomas (11) F					
20.26 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
36.62 S	P	50 Free	02/02/2018	West Wales Regionals 2018	
1:21.13 S	P	100 Free	02/02/2018	West Wales Regionals 2018	
2:54.29 S	F	200 Free	02/02/2018	West Wales Regionals 2018	
6:39.03 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
25.28 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
45.39 S	P	50 Back	02/02/2018	West Wales Regionals 2018	
1:35.88 S	P	100 Back	02/02/2018	West Wales Regionals 2018	
3:27.80 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.06 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
48.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:46.76 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
3:49.65 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
23.76 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
43.01 S	F	50 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:48.32 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
3:52.95 S	F	200 Fly	24/11/2017	West Wales Sub Regional Competition 2017	
1:35.76 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:19.90 S	F	200 IM	02/02/2018	West Wales Regionals 2018	
Daniel Thomas (20) M					
16.91 S	F	25 Free	31/05/2008	Dyfed Junior League Round 2	
26.72 S	F	50 Free	29/11/2014	West Wales Sub Regional Competition 2014	
57.73 S	P	100 Free	30/01/2015	West Wales Regionals 2015	
2:05.26 S	F	200 Free	11/10/2014	Pembrokeshire County Championships 2014	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 level 2	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
9:29.23 S	F	800 Free	16/01/2011	Pembrokeshire County Swimming Long Distance	
18:12.11 S	F	1500 Free	05/02/2011	West Wales Champs 2011	
19.42 S	F	25 Back	29/06/2008	Dyfed Junior League Final	

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

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

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Time	P/F/S	Event			
Mylia Webb (9) F					
2:32.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:06.85 S	F	50 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:15.47 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Saskia Webb (11) F					
21.14 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
46.25 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:41.66 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:44.53 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
24.90 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
47.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:49.81 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
29.41 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.91 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:23.84 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
56.69 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
Charlotte Whalley (14) F					
17.22 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
27.41 S	F	50 Free	02/12/2016	Swim Wales Short Course Championships 2016	
1:00.20 S	F	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:14.59 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:56.41 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
x19.18 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
30.68 S L	F	50 Back	02/02/2018	West Wales Regionals 2018	
1:06.82 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
2:26.50 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
x23.15 S	F	25 Breast	06/12/2013	Pembroke & District 39th Annual Championships	
36.21 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	
1:17.57 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:50.43 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
18.26 S	F	25 Fly	08/11/2013	Haverfordwest Club Championshi	
32.20 S	F	50 Fly	03/02/2017	West Wales Regionals 2017	
1:12.06 S	F	100 Fly	03/02/2017	West Wales Regionals 2017	
2:52.75 S	F	200 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:10.75 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:30.68 S	F	200 IM	02/12/2016	Swim Wales Short Course Championships 2016	
5:29.30 S	F	400 IM	03/02/2017	West Wales Regionals 2017	
Morgan Williams (12) M					
16.55 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
35.32 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:50.27 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
2:50.00 S	F	200 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
21.34 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
46.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:44.14 S	F	100 Back	05/06/2016	Amman Valley Open Meet 2016	
28.65 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
51.20 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
22.76 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
47.34 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
1:31.66 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
3:54.23 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
Jayden Wilson (11) F					
21.19 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
44.68 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:46.75 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:24.38 S	F	200 Free	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
23.94 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
48.68 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:48.65 S	F	100 Back	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
32.16 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
56.09 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	

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Time	P/F/S	Event		
Jayden Wilson (11) F				
1:57.68 S	F	100 Breast	17/06/2018	West Wales Region - Junior Dev. Meet 2018
32.79 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships
54.49 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017
1:57.21 S	F	100 Fly	17/06/2018	West Wales Region - Junior Dev. Meet 2018
1:56.01 S	F	100 IM	24/09/2016	Pembrokeshire County Championships 2016
3:49.51 S	F	200 IM	17/06/2018	West Wales Region - Junior Dev. Meet 2018
Tayla Wilson (14) F				
22.67 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships
31.74 S L	F	50 Free	03/02/2017	West Wales Regionals 2017
1:08.87 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
2:29.18 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017
5:08.19 S	F	400 Free	02/02/2018	West Wales Regionals 2018
11:40.33 S	F	800 Free	29/01/2016	West Wales Regionals 2016
21.95 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships
35.25 S	P	50 Back	02/02/2018	West Wales Regionals 2018
1:15.88 S	P	100 Back	02/02/2018	West Wales Regionals 2018
2:38.93 S	F	200 Back	02/02/2018	West Wales Regionals 2018
22.52 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge
40.70 S	P	50 Breast	02/02/2018	West Wales Regionals 2018
1:26.66 S	P	100 Breast	02/02/2018	West Wales Regionals 2018
3:03.61 S	F	200 Breast	02/02/2018	West Wales Regionals 2018
25.84 S	F	25 Fly	30/11/2012	Pembroke & District 38th Annual Championships
37.02 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016
1:20.30 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017
3:07.33 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017
1:20.87 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
2:42.35 S	F	200 IM	02/02/2018	West Wales Regionals 2018
5:52.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017