

Individual Top Times

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

Time	P/F/S	Event			
Keira Bruce (8) F					
22.36 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
49.64 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
26.96 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
54.80 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
38.26 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
Skye Bruce (9) F					
20.25 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
45.31 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:40.98 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:14.15 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
22.86 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
52.58 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
30.60 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
58.00 S	F	50 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
2:37.17 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
1:52.12 S	F	100 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Holly-Jane Callen (13) F					
33.23 S	F	50 Free	23/11/2018	West Wales Sub Regional Competition 2018	
1:13.03 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:37.96 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
6:08.27 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
47.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:29.86 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
40.82 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
1:26.54 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:09.26 S	F	200 Breast	27/10/2018	Pembrokeshire County Championships 2018	
47.55 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:30.71 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:23.70 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:56.52 S	F	200 IM	23/11/2018	West Wales Sub Regional Competition 2018	
Leah Carroll (12) F					
37.87 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:17.01 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:43.35 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
5:57.21 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
42.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:26.60 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
3:06.85 S	F	200 Back	02/02/2018	West Wales Regionals 2018	
51.07 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:40.82 S	F	100 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
47.89 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
1:43.61 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:30.97 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:18.73 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Megan Cole (13) F					
20.07 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
32.52 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:15.61 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:42.71 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
6:26.30 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
24.67 S	F	25 Back	12/12/2014	Pembroke & District 40th Annual Championships	
39.88 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:29.43 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
26.81 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
44.46 S	F	50 Breast	23/11/2018	West Wales Sub Regional Competition 2018	
1:35.64 S	F	100 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
3:24.92 S	F	200 Breast	01/02/2019	West Wales Regionals 2019	
24.13 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
34.83 S	P	50 Fly	01/02/2019	West Wales Regionals 2019	

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Time	P/F/S	Event			
Megan Cole (13) F					
1:21.41 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:23.71 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:01.82 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
7:03.34 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Rhys Davies (17) M					
26.54 S L	F	50 Free	01/02/2019	West Wales Regionals 2019	
55.52 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:00.28 S	F	200 Free	01/02/2019	West Wales Regionals 2019	
4:27.57 S	F	400 Free	02/12/2016	Swim Wales Short Course Championships 2016	
17:42.13 S	F	1500 Free	02/12/2016	Swim Wales Short Course Championships 2016	
29.46 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:00.44 S	F	100 Back	01/02/2019	West Wales Regionals 2019	
2:09.11 S	F	200 Back	01/02/2019	West Wales Regionals 2019	
35.31 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	
1:19.02 S	P	100 Breast	02/02/2018	West Wales Regionals 2018	
2:40.64 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
30.27 S	F	50 Fly	30/04/2016	13th Spring Meet 2016 2 WL161023	
1:02.65 S	F	100 Fly	01/02/2019	West Wales Regionals 2019	
2:26.01 S	F	200 Fly	30/04/2016	13th Spring Meet 2016 2 WL161023	
1:07.81 S	F	100 IM	30/04/2016	13th Spring Meet 2016 2 WL161023	
2:17.09 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
4:50.99 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Aria Evans (10) F					
21.94 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:46.31 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:49.63 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
23.19 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:05.32 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:52.46 S	F	100 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
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	
2:05.11 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	
2:12.69 S	F	100 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:19.27 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ben Evans (12) M					
45.42 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:13.74 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
9:56.75 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
1:00.81 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
2:20.51 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
4:34.23 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:10.53 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
Marilla Evans (11) F					
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
36.87 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.78 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:58.41 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
21.13 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
44.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
23.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
48.87 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
3:38.15 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
18.81 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
41.41 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:45.78 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:35.62 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:21.90 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
Arron Fitzsimmons (14) M					

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Time	P/F/S	Event			
Arron Fitzsimmons (14) M					
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge	
28.01 S	F	50 Free	01/02/2019	West Wales Regionals 2019	
1:00.90 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:18.79 S	F	200 Free	23/11/2018	West Wales Sub Regional Competition 2018	
4:52.96 S	F	400 Free	02/02/2018	West Wales Regionals 2018	
19:13.38 S	F	1500 Free	02/02/2018	West Wales Regionals 2018	
20.12 S	F	25 Back	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
31.48 S L	F	50 Back	01/02/2019	West Wales Regionals 2019	
1:08.60 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:29.84 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
22.15 S	F	25 Breast	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
35.33 S	P	50 Breast	01/02/2019	West Wales Regionals 2019	
1:19.83 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:00.91 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
21.85 S	F	25 Fly	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
31.71 S	P	50 Fly	01/02/2019	West Wales Regionals 2019	
31.71 S	F	50 Fly	01/02/2019	West Wales Regionals 2019	
1:13.11 S	F	100 Fly	02/02/2018	West Wales Regionals 2018	
3:36.93 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:12.70 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
2:33.20 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
5:32.08 S	F	400 IM	02/02/2018	West Wales Regionals 2018	
Hannah Greenwood (14) F					
21.83 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
30.84 S	F	50 Free	23/11/2018	West Wales Sub Regional Competition 2018	
1:06.72 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:27.04 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
5:31.86 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
11:20.41 S	F	800 Free	24/11/2017	West Wales Sub Regional Competition 2017	
20.82 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
33.39 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:11.89 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:36.78 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:36.78 S	F	200 Back	01/02/2019	West Wales Regionals 2019	
46.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:37.01 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
33.90 S	F	50 Fly	23/11/2018	West Wales Sub Regional Competition 2018	
1:22.04 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:19.98 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:44.17 S	F	200 IM	23/11/2018	West Wales Sub Regional Competition 2018	
8:03.25 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Cerys Griffiths (8) F					
21.36 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
46.20 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:43.74 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
25.27 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
59.81 S	F	50 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
30.79 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:09.47 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
28.05 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
2:03.44 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
James Harris (10) M					
44.81 S	F	50 Free	14/12/2018	Pembroke & District 44th Annual Championships	
57.25 S	F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.21 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
Toby Harris (9) M					
21.35 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
51.72 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:45.55 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:03.27 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	

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Time	P/F/S	Event			
Toby Harris (9) M					
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	
2:22.25 S	F	100 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
Abigail Hillary (10) F					
18.72 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
36.78 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:19.98 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
3:01.24 S	F	200 Free	01/02/2019	West Wales Regionals 2019	
26.10 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
46.50 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:39.27 S	F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	
23.51 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
53.50 S	F	50 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
1:51.93 S	P	100 Breast	01/02/2019	West Wales Regionals 2019	
4:05.74 S	F	200 Breast	23/11/2018	West Wales Sub Regional Competition 2018	
30.00 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.75 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:42.21 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
Benjamin Hillary (13) M					
17.22 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
29.71 S	F	50 Free	01/02/2019	West Wales Regionals 2019	
1:06.93 S	F	100 Free	01/02/2019	West Wales Regionals 2019	
2:30.34 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
5:56.13 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
20.95 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
33.43 S	F	50 Back	01/02/2019	West Wales Regionals 2019	
1:12.97 S	F	100 Back	01/02/2019	West Wales Regionals 2019	
3:09.18 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
42.83 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
1:32.35 S	F	100 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
4:06.99 S	F	200 Breast	20/03/2016	West Wales Region 'No Time' Gala 2016	
34.62 S	F	50 Fly	01/02/2019	West Wales Regionals 2019	
1:21.88 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:21.29 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
2:46.58 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
6:29.66 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Amelie Hounsell (9) F					
19.88 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
42.60 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:31.67 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:55.08 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
20.83 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
50.43 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
21.25 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
44.33 S	F	50 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:44.35 S	F	100 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:25.68 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ella Howell (8) F					
59.07 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
Annabel John (9) F					
47.36 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:04.42 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:11.46 S	F	50 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
33.64 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
Cai Johnson (11) M					
26.80 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
45.75 S	F	50 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:52.38 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:58.33 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	

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Time	P/F/S	Event			
Cai Johnson (11) M					
47.94 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:06.48 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
57.82 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
2:21.89 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
36.95 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:03.64 S	F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:56.83 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
4:47.81 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Cai Jones (12) M					
1:57.14 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:01.27 S	F	200 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
8:51.72 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
1:52.44 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:00.42 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
4:39.00 S	F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Molly Jones (13) F					
44.22 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:31.35 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
4:05.89 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
50.84 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:39.34 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
47.44 S	F	50 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
1:41.92 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
3:53.21 S	F	200 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
1:39.88 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:38.52 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Callum Keane (9) M					
18.46 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
39.25 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:44.65 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:11.09 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
21.33 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
45.26 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:55.24 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
26.09 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
56.50 S	F	50 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:11.55 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
20.31 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
55.21 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:58.00 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:42.80 S	F	100 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
3:49.67 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Jayden Keane (13) M					
24.65 S	F	25 Free	09/07/2012	Tenby Dolphins Club Championships 2012	
30.27 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:04.38 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:22.87 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
5:02.00 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
19:45.44 S	F	1500 Free	01/02/2019	West Wales Regionals 2019	
25.91 S	F	25 Back	02/11/2013	Neath ASC Open Meet 2013	
37.36 S	F	50 Back	24/11/2017	West Wales Sub Regional Competition 2017	
1:15.05 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
3:44.78 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014	
24.39 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
45.67 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:24.83 S	F	100 Breast	01/02/2019	West Wales Regionals 2019	
3:40.17 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.03 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
33.31 S	F	50 Fly	01/02/2019	West Wales Regionals 2019	
1:20.01 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jayden Keane (13) M					
1:17.66 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:38.98 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
5:57.79 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Carys Kenniford (11) F					
48.44 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
Lewys Kettle (15) M					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
30.73 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:05.90 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:27.08 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
5:35.89 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
10:31.55 S	F	800 Free	01/02/2019	West Wales Regionals 2019	
21:18.88 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
23.77 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
46.07 S L	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015	
1:16.87 S	F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	
2:44.37 S	F	200 Back	23/11/2018	West Wales Sub Regional Competition 2018	
21.06 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
46.39 S	F	50 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
1:22.27 S	F	100 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
2:51.28 S	F	200 Breast	01/02/2019	West Wales Regionals 2019	
21.88 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
53.86 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:22.77 S	F	100 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
3:36.49 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:18.86 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:46.27 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rowan Kettle (18) M					
21.64 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
25.46 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
56.82 S	F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:10.02 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
4:43.04 S	F	400 Free	22/11/2015	Hereford Open Meet 2015	
10:03.57 S	F	800 Free	01/02/2019	West Wales Regionals 2019	
18:49.14 S	F	1500 Free	27/11/2015	West Wales Sub Regional Competition 2015	
20.29 S	F	25 Back	19/05/2012	dyfed junior challenge	
29.61 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:06.19 S	F	100 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:28.52 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
21.67 S	F	25 Breast	20/01/2012	llanelli novice gala	
37.83 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:10.85 S	F	100 Breast	01/02/2019	West Wales Regionals 2019	
2:54.53 S	F	200 Breast	22/11/2015	Hereford Open Meet 2015	
17.20 S	F	25 Fly	22/03/2012	Pembrokeshire Schools Inter Schools Gala	
27.51 S	F	50 Fly	01/02/2019	West Wales Regionals 2019	
1:03.34 S	F	100 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:50.40 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:04.77 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:26.27 S	F	200 IM	24/11/2017	West Wales Sub Regional Competition 2017	
5:23.04 S	F	400 IM	26/09/2015	Pembrokeshire County Championships 2015	
Aneurin Lee (11) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
37.20 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:32.21 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:26.81 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
23.66 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
40.24 S L	F	50 Back	01/02/2019	West Wales Regionals 2019	
1:27.77 S	P	100 Back	01/02/2019	West Wales Regionals 2019	
3:22.29 S	F	200 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	

Individual Top Times

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Time	P/F/S	Event			
Aneurin Lee (11) M					
26.86 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
53.50 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
21.61 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017	
1:39.09 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:30.63 S	F	200 IM	23/11/2018	West Wales Sub Regional Competition 2018	
Dylan Lee (9) M					
19.96 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
41.29 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:41.76 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:36.96 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
22.61 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
48.76 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
28.76 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.13 S	F	50 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
21.39 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
50.73 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:58.11 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
4:10.75 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Georgia Lee (14) F					
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
31.32 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:15.85 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:38.74 S	F	200 Free	23/11/2018	West Wales Sub Regional Competition 2018	
6:00.41 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
28.61 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
39.67 S	F	50 Back	23/11/2018	West Wales Sub Regional Competition 2018	
1:20.76 S	P	100 Back	01/02/2019	West Wales Regionals 2019	
2:59.14 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
31.68 S	F	25 Breast	06/12/2013	Pembroke & District 39th Annual Championships	
46.11 S	F	50 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
1:28.54 S	F	100 Breast	01/02/2019	West Wales Regionals 2019	
3:19.53 S	F	200 Breast	02/02/2018	West Wales Regionals 2018	
36.61 S	F	50 Fly	23/11/2018	West Wales Sub Regional Competition 2018	
1:38.08 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:27.77 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
2:54.15 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
6:50.78 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Martha Lee (10) F					
26.57 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
50.35 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:56.38 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:30.31 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
31.65 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
54.55 S	F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:59.92 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	
2:18.78 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
4:34.28 S	F	200 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Edward Lister (12) M					
23.53 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
39.74 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:25.63 S	P	100 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
3:07.66 S	F	200 Free	10/03/2018	Llanelli ASC - Open Meet 2018	
7:11.20 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
28.60 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
54.19 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:46.74 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
44.20 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
51.67 S	P	50 Breast	02/02/2018	West Wales Regionals 2018	

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Time	P/F/S	Event			
Edward Lister (12) M					
1:51.11	S F	100 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
29.89	S F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
41.42	S F	50 Fly	02/02/2018	West Wales Regionals 2018	
1:37.40	S F	100 Fly	10/03/2018	Llanelli ASC - Open Meet 2018	
1:40.20	S F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:23.18	S F	200 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
7:20.93	S F	400 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
Hazel Lister (10) F					
21.09	S F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
43.70	S F	50 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:03.15	S F	100 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
3:56.68	S F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
24.09	S F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
49.99	S F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
26.81	S F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
1:02.16	S P	50 Breast	10/03/2018	Llanelli ASC - Open Meet 2018	
23.41	S F	25 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
56.28	S F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:49.53	S F	100 IM	10/03/2018	Llanelli ASC - Open Meet 2018	
4:09.15	S F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Fleur Lord (11) F					
46.36	S F	50 Free	23/11/2018	West Wales Sub Regional Competition 2018	
1:46.75	S F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:37.81	S F	200 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
51.35	S F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:53.75	S F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	
4:06.66	S F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:37.49	S F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
52.48	S P	50 Fly	01/02/2019	West Wales Regionals 2019	
2:02.50	S F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
4:48.69	S F	200 IM	08/04/2018	West Wales Region 'No Time' Gala 2018	
Malachi Lyseight-Jones (11) M					
42.22	S F	50 Free	23/11/2018	West Wales Sub Regional Competition 2018	
1:38.63	S F	100 Free	23/11/2018	West Wales Sub Regional Competition 2018	
3:25.34	S F	200 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
53.24	S F	50 Back	23/11/2018	West Wales Sub Regional Competition 2018	
1:02.37	S F	50 Breast	23/11/2018	West Wales Sub Regional Competition 2018	
4:25.80	S F	200 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
57.03	S F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:54.34	S F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
Keira Montague (9) F					
24.25	S F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:01.86	S F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
27.00	S F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
39.31	S F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:08.84	S F	50 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
33.63	S F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
2:13.70	S F	100 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Mason Montague (11) M					
40.72	S F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:40.88	S F	100 Free	27/10/2018	Pembrokeshire County Championships 2018	
3:41.81	S F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
53.06	S F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:00.27	S F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.25	S F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:55.87	S F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:47.61	S F	200 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Ben Morgan (9) M					
20.09	S F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
44.25	S F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	

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Time	P/F/S	Event			
Ben Morgan (9) M					
1:49.89 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:33.29 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
24.51 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
55.50 S	F	50 Back	27/10/2018	Pembrokeshire County Championships 2018	
2:13.96 S	F	100 Back	08/04/2018	West Wales Region 'No Time' Gala 2018	
32.53 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:46.96 S	F	100 Breast	08/04/2018	West Wales Region 'No Time' Gala 2018	
27.59 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
56.71 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:44.10 S	F	100 Fly	08/04/2018	West Wales Region 'No Time' Gala 2018	
2:01.84 S	F	100 IM	27/10/2018	Pembrokeshire County Championships 2018	
Jack Morgan (11) M					
37.01 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:17.15 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:46.91 S	F	200 Free	01/02/2019	West Wales Regionals 2019	
6:44.80 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
12:30.83 S	F	800 Free	01/02/2019	West Wales Regionals 2019	
23:38.92 S	F	1500 Free	01/02/2019	West Wales Regionals 2019	
45.20 S	F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:32.70 S	P	100 Back	01/02/2019	West Wales Regionals 2019	
3:17.81 S	F	200 Back	01/02/2019	West Wales Regionals 2019	
54.47 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
2:00.51 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
4:05.91 S	F	200 Breast	01/02/2019	West Wales Regionals 2019	
47.62 S	F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
4:01.52 S	F	200 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:41.00 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:33.77 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
7:33.79 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Fred Morris (10) M					
21.14 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
42.00 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:57.79 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
3:32.09 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
27.34 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
50.10 S	F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:57.15 S	F	100 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
31.51 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
58.92 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
57.85 S	F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
4:22.16 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Emily Moseley (8) F					
33.49 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.10 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
5:52.08 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
32.93 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:15.84 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
44.12 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
44.47 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
Sophie Moseley (12) F					
28.33 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
42.49 S	F	50 Free	24/11/2017	West Wales Sub Regional Competition 2017	
1:28.81 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
3:07.45 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
7:35.75 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
14:01.59 S	F	800 Free	23/11/2018	West Wales Sub Regional Competition 2018	
37.86 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
57.61 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:37.14 S	F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	

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Time	P/F/S	Event			
Sophie Moseley (12) F					
3:27.04	S	F	200	Back	23/11/2018 West Wales Sub Regional Competition 2018
41.62	S	F	25	Breast	11/12/2015 Pembroke & District 41st Annual Championships
1:01.40	S	F	50	Breast	14/10/2017 Pembrokeshire County Championships 2017
1:48.98	S	F	100	Breast	23/11/2018 West Wales Sub Regional Competition 2018
3:53.36	S	F	200	Breast	23/11/2018 West Wales Sub Regional Competition 2018
49.79	S	F	50	Fly	23/11/2018 West Wales Sub Regional Competition 2018
1:50.05	S	F	100	Fly	17/03/2019 West Wales Region 'No Time' Gala 2019
1:39.02	S	F	100	IM	14/12/2018 Pembroke & District 44th Annual Championships
3:34.18	S	F	200	IM	23/11/2018 West Wales Sub Regional Competition 2018
8:21.25	S	F	400	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Ffion Moses (13) F					
31.93	S	F	50	Free	24/11/2017 West Wales Sub Regional Competition 2017
1:10.15	S	F	100	Free	14/10/2017 Pembrokeshire County Championships 2017
2:47.64	S	F	200	Free	25/11/2016 West Wales Sub Regional Competition 2016
5:17.07	S	F	400	Free	24/11/2017 West Wales Sub Regional Competition 2017
19.68	S	F	25	Back	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
35.26	S	P	50	Back	02/02/2018 West Wales Regionals 2018
1:17.49	S	F	100	Back	14/10/2017 Pembrokeshire County Championships 2017
2:39.27	S	F	200	Back	24/11/2017 West Wales Sub Regional Competition 2017
45.79	S	F	50	Breast	07/05/2017 Amman Valley Open Meet 2017
1:36.07	S	F	100	Breast	14/10/2017 Pembrokeshire County Championships 2017
3:29.70	S	F	200	Breast	14/10/2017 Pembrokeshire County Championships 2017
35.72	S	F	50	Fly	24/11/2017 West Wales Sub Regional Competition 2017
1:26.51	S	F	100	Fly	14/10/2017 Pembrokeshire County Championships 2017
3:15.39	S	F	200	Fly	14/10/2017 Pembrokeshire County Championships 2017
1:21.12	S	F	100	IM	07/05/2017 Amman Valley Open Meet 2017
2:52.35	S	F	200	IM	14/10/2017 Pembrokeshire County Championships 2017
Ioan Mutter (12) M					
20.58	S	F	25	Free	11/12/2015 Pembroke & District 41st Annual Championships
35.33	S	F	50	Free	02/02/2018 West Wales Regionals 2018
1:15.14	S	F	100	Free	27/10/2018 Pembrokeshire County Championships 2018
2:53.69	S	F	200	Free	14/12/2018 Pembroke & District 44th Annual Championships
7:04.86	S	F	400	Free	21/07/2017 Pembroke & District Summer Long Distance 2017
27.65	S	F	25	Back	11/12/2015 Pembroke & District 41st Annual Championships
43.56	S	F	50	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:31.32	S	F	100	Back	14/12/2018 Pembroke & District 44th Annual Championships
3:43.62	S	F	200	Back	09/04/2017 West Wales Region 'No Time' Gala 2017
25.30	S	F	25	Breast	17/12/2017 RAOB Pembrokeshire Junior Team Gala 2017
47.86	S	P	50	Breast	02/02/2018 West Wales Regionals 2018
1:40.13	S	F	100	Breast	14/12/2018 Pembroke & District 44th Annual Championships
4:24.69	S	F	200	Breast	24/09/2016 Pembrokeshire County Championships 2016
42.05	S	F	50	Fly	27/10/2018 Pembrokeshire County Championships 2018
1:42.72	S	F	100	Fly	14/12/2018 Pembroke & District 44th Annual Championships
1:30.90	S	F	100	IM	14/12/2018 Pembroke & District 44th Annual Championships
3:46.88	S	F	200	IM	25/11/2016 West Wales Sub Regional Competition 2016
7:30.33	S	F	400	IM	20/07/2018 Pembroke & District Summer Long Distance 2018
Alice Oliver (10) F					
20.44	S	F	25	Free	15/12/2017 Pembroke & District 43rd Annual Championships
41.28	S	F	50	Free	14/12/2018 Pembroke & District 44th Annual Championships
1:28.54	S	F	100	Free	17/03/2019 West Wales Region 'No Time' Gala 2019
3:36.57	S	F	200	Free	14/12/2018 Pembroke & District 44th Annual Championships
22.96	S	F	25	Back	15/12/2017 Pembroke & District 43rd Annual Championships
1:00.77	S	F	50	Back	14/10/2017 Pembrokeshire County Championships 2017
1:57.55	S	F	100	Back	08/04/2018 West Wales Region 'No Time' Gala 2018
26.79	S	F	25	Breast	15/12/2017 Pembroke & District 43rd Annual Championships
55.75	S	F	50	Breast	14/12/2018 Pembroke & District 44th Annual Championships
2:03.61	S	F	100	Breast	27/10/2018 Pembrokeshire County Championships 2018
26.62	S	F	25	Fly	15/12/2017 Pembroke & District 43rd Annual Championships
55.58	S	F	50	Fly	14/12/2018 Pembroke & District 44th Annual Championships
1:52.73	S	F	100	IM	14/12/2018 Pembroke & District 44th Annual Championships

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Alice Oliver (10) F					
4:06.32 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
Rosie Oliver (9) F					
23.88 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
53.78 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
2:12.26 S	F	100 Free	08/04/2018	West Wales Region 'No Time' Gala 2018	
4:19.57 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
26.75 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
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	
2:21.47 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
30.96 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
2:09.63 S	F	100 IM	17/03/2019	West Wales Region 'No Time' Gala 2019	
Cory Shelmerdine (8) M					
27.17 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:03.84 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:33.29 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
28.71 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:05.35 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 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 (14) M					
17.06 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
26.28 S L	F	50 Free	01/02/2019	West Wales Regionals 2019	
58.00 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:12.12 S	F	200 Free	01/02/2019	West Wales Regionals 2019	
5:05.25 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
19.42 S	F	25 Back	03/05/2014	Dyfed Junior Challenge	
30.10 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:06.53 S	P	100 Back	01/02/2019	West Wales Regionals 2019	
2:41.70 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
19.94 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge	
32.71 S	P	50 Breast	01/02/2019	West Wales Regionals 2019	
1:11.57 S	F	100 Breast	01/02/2019	West Wales Regionals 2019	
2:41.51 S	F	200 Breast	01/02/2019	West Wales Regionals 2019	
17.56 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
35.93 S	P	50 Fly	29/01/2016	West Wales Regionals 2016	
1:14.44 S	F	100 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
3:02.57 S	F	200 Fly	29/01/2016	West Wales Regionals 2016	
1:06.26 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:23.29 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
5:31.31 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Ewan Sture (11) M					
22.57 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
54.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:51.47 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	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Toby Sturley (15) M					
15.94 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
26.81 S	F	50 Free	01/02/2019	West Wales Regionals 2019	
57.81 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:06.93 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
4:41.58 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
19:08.54 S	F	1500 Free	24/11/2017	West Wales Sub Regional Competition 2017	
18.50 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
31.30 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:05.57 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
2:20.57 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
25.44 S	F	25 Breast	12/11/2012	Milford Tigers Club Championships 2012	
35.32 S	F	50 Breast	23/11/2018	West Wales Sub Regional Competition 2018	
1:16.10 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	
2:41.78 S	F	200 Breast	01/02/2019	West Wales Regionals 2019	
19.66 S	F	25 Fly	10/11/2013	Milford Tigers Club Championships 2013	
34.42 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:08.40 S	F	100 Fly	23/11/2018	West Wales Sub Regional Competition 2018	
2:47.34 S	F	200 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:07.78 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
2:24.31 S	F	200 IM	01/02/2019	West Wales Regionals 2019	
5:06.68 S	F	400 IM	23/11/2018	West Wales Sub Regional Competition 2018	
Abigail Thomas (12) F					
20.26 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
33.80 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:16.03 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:52.78 S	F	200 Free	27/10/2018	Pembrokeshire County Championships 2018	
6:00.09 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
25.28 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
41.84 S	F	50 Back	23/11/2018	West Wales Sub Regional Competition 2018	
1:32.52 S	F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	
3:13.19 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	
37.77 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:33.45 S	F	100 Fly	27/10/2018	Pembrokeshire County Championships 2018	
3:41.83 S	F	200 Fly	27/10/2018	Pembrokeshire County Championships 2018	
1:30.13 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:10.63 S	F	200 IM	27/10/2018	Pembrokeshire County Championships 2018	
7:07.09 S	F	400 IM	23/11/2018	West Wales Sub Regional Competition 2018	
Daniel Thomas (21) M					
16.91 S	F	25 Free	31/05/2008	Dyfed Junior League Round 2	
26.72 S	F	50 Free	29/11/2014	West Wales Sub Regional Competition 2014	
57.73 S	P	100 Free	30/01/2015	West Wales Regionals 2015	
2:05.26 S	F	200 Free	11/10/2014	Pembrokeshire County Championships 2014	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 level 2	
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	
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	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Daniel Thomas (21) M					
27.30 S	F	50 Fly	01/02/2019	West Wales Regionals 2019	
59.87 S	F	100 Fly	11/11/2015	BUCS SC 2015	
2:13.15 S	F	200 Fly	11/11/2015	BUCS SC 2015	
1:05.29 S	F	100 IM	06/12/2013	Pembroke & District 39th Annual Championships	
2:19.38 S	P	200 IM	01/02/2014	West Wales Champs 2014	
4:52.75 S	F	400 IM	26/10/2012	Worcester Open Meet	
Carys Thompson (11) F					
39.87 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:28.42 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
3:14.84 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
7:05.65 S	F	400 Free	27/10/2018	Pembrokeshire County Championships 2018	
46.18 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:40.40 S	F	100 Back	23/11/2018	West Wales Sub Regional Competition 2018	
3:39.04 S	F	200 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
53.49 S	P	50 Breast	01/02/2019	West Wales Regionals 2019	
1:56.52 S	F	100 Breast	23/11/2018	West Wales Sub Regional Competition 2018	
3:54.72 S	F	200 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
29.34 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
52.97 S	F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:56.95 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:10.53 S	F	200 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:49.34 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:45.01 S	F	200 IM	23/11/2018	West Wales Sub Regional Competition 2018	
8:11.41 S	F	400 IM	27/10/2018	Pembrokeshire County Championships 2018	
Freya Thompson (8) F					
23.25 S	F	25 Free	14/12/2018	Pembroke & District 44th Annual Championships	
49.15 S	F	50 Free	27/10/2018	Pembrokeshire County Championships 2018	
1:54.85 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
4:14.97 S	F	200 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
25.11 S	F	25 Back	14/12/2018	Pembroke & District 44th Annual Championships	
57.30 S	F	50 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
39.38 S	F	25 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
28.06 S	F	25 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:02.05 S	F	50 Fly	27/10/2018	Pembrokeshire County Championships 2018	
2:17.83 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
2:41.83 S	F	100 IM	15/12/2017	Pembroke & District 43rd Annual Championships	
James Townsend (12) M					
22.89 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
45.54 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:38.58 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
3:18.71 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
26.73 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
55.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
24.70 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
50.78 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:51.89 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:13.05 S	F	200 Breast	24/11/2017	West Wales Sub Regional Competition 2017	
26.93 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
1:44.43 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
4:24.56 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Daniel Twynam (15) M					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
46.87 S S	F	50 Free	11/10/2014	Pembrokeshire County Championships 2014	
1:31.09 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:53.28 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
6:36.34 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
22.75 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
1:27.21 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
3:24.11 S	F	200 Back	27/10/2018	Pembrokeshire County Championships 2018	
1:39.83 S	F	100 Breast	27/10/2018	Pembrokeshire County Championships 2018	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Daniel Twynam (15) M					
3:52.38 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
57.46 S S	F	50 Fly	11/10/2014	Pembrokeshire County Championships 2014	
2:02.34 S	F	100 Fly	11/10/2014	Pembrokeshire County Championships 2014	
1:33.47 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:34.91 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:26.87 S	F	400 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Leon Twynam (13) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
40.10 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.86 S	F	100 Free	14/12/2018	Pembroke & District 44th Annual Championships	
2:56.72 S	F	200 Free	14/12/2018	Pembroke & District 44th Annual Championships	
7:33.51 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
24.81 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
49.25 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:37.91 S	F	100 Back	14/12/2018	Pembroke & District 44th Annual Championships	
4:31.12 S	F	200 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
1:03.25 S	F	50 Breast	26/09/2015	Pembrokeshire County Championships 2015	
1:55.98 S	F	100 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
4:55.20 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.10 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
48.06 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:53.43 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:35.42 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
3:46.54 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:17.45 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Philip Twynam (8) M					
58.87 S	F	50 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
Stephanie Voyle (10) F					
56.50 S	F	50 Free	23/11/2018	West Wales Sub Regional Competition 2018	
2:24.87 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:06.97 S	F	50 Back	14/12/2018	Pembroke & District 44th Annual Championships	
1:09.65 S	F	50 Breast	14/12/2018	Pembroke & District 44th Annual Championships	
3:34.60 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
Kaci-Lee Watkins (12) F					
47.45 S	F	50 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
1:38.18 S	F	100 Free	23/11/2018	West Wales Sub Regional Competition 2018	
3:46.00 S	F	200 Free	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
8:54.43 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
53.25 S	F	50 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
1:51.98 S	F	100 Back	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
4:12.68 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.75 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:15.67 S	F	100 Breast	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
1:04.19 S	F	50 Fly	15/12/2017	Pembroke & District 43rd Annual Championships	
4:16.66 S	F	200 IM	17/06/2018	West Wales Region - Junior Dev. Meet 2018	
Mylia Webb (10) F					
23.88 S	F	25 Free	15/12/2017	Pembroke & District 43rd Annual Championships	
46.34 S	F	50 Free	14/12/2018	Pembroke & District 44th Annual Championships	
1:39.11 S	F	100 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
25.66 S	F	25 Back	15/12/2017	Pembroke & District 43rd Annual Championships	
48.51 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:45.47 S	F	100 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
29.02 S	F	25 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
55.30 S	P	50 Breast	01/02/2019	West Wales Regionals 2019	
1:54.97 S	F	100 Breast	17/03/2019	West Wales Region 'No Time' Gala 2019	
54.82 S	F	50 Fly	23/11/2018	West Wales Sub Regional Competition 2018	
1:55.94 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
4:40.36 S	F	200 IM	20/07/2018	Pembroke & District Summer Long Distance 2018	
Saskia Webb (12) F					
21.14 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	

Individual Top Times

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Time	P/F/S	Event			
Saskia Webb (12) F					
38.17 S	P	50 Free	01/02/2019	West Wales Regionals 2019	
1:23.24 S	P	100 Free	01/02/2019	West Wales Regionals 2019	
2:54.08 S	F	200 Free	17/03/2019	West Wales Region 'No Time' Gala 2019	
7:02.94 S	F	400 Free	20/07/2018	Pembroke & District Summer Long Distance 2018	
24.90 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
42.04 S	P	50 Back	01/02/2019	West Wales Regionals 2019	
1:31.80 S	P	100 Back	01/02/2019	West Wales Regionals 2019	
3:14.24 S	F	200 Back	17/03/2019	West Wales Region 'No Time' Gala 2019	
29.41 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.91 S	F	50 Breast	15/12/2017	Pembroke & District 43rd Annual Championships	
2:23.84 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
51.87 S	F	50 Fly	14/12/2018	Pembroke & District 44th Annual Championships	
1:47.58 S	F	100 Fly	17/03/2019	West Wales Region 'No Time' Gala 2019	
1:41.42 S	F	100 IM	14/12/2018	Pembroke & District 44th Annual Championships	
Samuel Withers (21) M					
17.53 S	F	25 Free	24/09/2006	Tri Gala	
24.91 S S	F	50 Free	15/11/2014	stockport metro	
55.51 S	F	100 Free	15/11/2014	stockport metro	
2:05.88 S	F	200 Free	30/01/2015	West Wales Regionals 2015	
4:30.64 S	F	400 Free	28/04/2012	City Of Newport Swimming Club	
9:53.79 S S	F	800 Free	24/11/2012	West Wales Sub Regional Competition 2012	
18:42.62 S	F	1500 Free	24/11/2012	West Wales Sub Regional Competition 2012	
30.31 S	P	50 Back	30/01/2015	West Wales Regionals 2015	
1:03.30 S	S	100 Back	30/01/2015	West Wales Regionals 2015	
2:18.98 S	F	200 Back	30/11/2013	West Wales Sub Regional Competition 2013	
37.17 S S	F	50 Breast	04/02/2012	West Wales Champs 2012	
1:19.11 S	F	100 Breast	04/02/2012	West Wales Champs 2012	
2:51.36 S	P	200 Breast	02/02/2013	West Wales Champs 2013	
29.00 S	P	50 Fly	30/01/2015	West Wales Regionals 2015	
1:06.85 S	F	100 Fly	30/11/2013	West Wales Sub Regional Competition 2013	
2:38.04 S	P	200 Fly	04/02/2012	West Wales Champs 2012	
1:14.70 S	F	100 IM	10/12/2010	Pembroke & District 36th Annual Championships	
2:24.34 S	F	200 IM	29/06/2013	TORFAEN OPEN MEET LEVEL 2 2013	
5:14.56 S	F	400 IM	19/07/2013	Pembroke & District Summer Long Distance 2013	