

## Individual Top Times

**Pembroke & District [PEMY] Coach: Keith Thompson Thompson**

**Show Short Course Only**

Time	P/F/S	Event		
<b>Lily Busby (10) F</b>				
19.34 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
38.26 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
1:31.43 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017
3:23.94 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017
20.35 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships
43.43 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017
1:34.26 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017
24.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
51.99 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017
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
54.24 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017
1:40.97 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017
<b>Holly-Jane Callen (11) F</b>				
40.48 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
1:30.08 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017
3:19.43 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017
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
1:45.13 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017
52.53 S	P	50 Breast	03/02/2017	West Wales Regionals 2017
1:42.08 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017
3:42.36 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017
47.55 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017
2:01.65 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
3:43.88 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
<b>Leah Carroll (11) F</b>				
41.51 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
1:27.15 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017
3:04.65 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017
6:39.18 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017
42.82 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017
1:38.75 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017
53.18 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017
1:53.15 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017
48.81 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017
2:10.70 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017
1:38.68 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017
3:48.30 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
<b>Megan Cole (11) F</b>				
20.07 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships
37.86 S L	F	50 Free	03/02/2017	West Wales Regionals 2017
1:22.03 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017
3:08.01 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017
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
1:36.55 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017
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
3:41.20 S	F	200 Breast	03/02/2017	West Wales Regionals 2017
24.13 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge
42.57 S	P	50 Fly	03/02/2017	West Wales Regionals 2017
1:44.84 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017
1:34.21 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017
3:17.84 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
7:11.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017
<b>Shanai Colley (11) F</b>				
1:00.71 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships
1:14.72 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships
<b>Poppy Cumine (11) F</b>				

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Poppy Cumine (11) F</b>					
23.13 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
40.74 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:38.16 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
3:56.45 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
29.12 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
1:02.92 S	F	50 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
30.37 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
58.60 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:00.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
59.95 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:48.83 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
<b>Nyah Elliott (10) F</b>					
59.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.50 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:08.57 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Aria Evans (8) F</b>					
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:06.61 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:11.50 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:24.76 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:35.63 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Ben Evans (10) M</b>					
58.22 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:13.74 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:07.32 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
2:20.51 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:19.17 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Charlotte Evans (12) F</b>					
20.84 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
38.52 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:29.30 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
3:23.41 S	F	200 Free	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
21.33 S	F	25 Back	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
46.07 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:41.96 S	F	100 Back	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
4:02.03 S	F	200 Back	26/09/2015	Pembrokeshire County Championships 2015	
30.88 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
54.29 S	F	50 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
1:58.32 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
4:43.30 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
25.25 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
42.30 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016	
1:49.27 S	F	100 Fly	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
1:43.58 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
3:36.25 S	F	200 IM	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
<b>Marilla Evans (10) F</b>					
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
36.87 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:22.78 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:00.49 S	F	50 Back	11/10/2014	Pembrokeshire County Championships 2014	
23.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
50.77 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:08.18 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
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	
3:25.99 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Niamh Evans (10) F</b>					

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event		
<b>Niamh Evans (10) F</b>				
29.62 S	F	25 Free	06/06/2015	Dyfed Junior Challenge
1:02.09 S	F	50 Free	20/03/2016	West Wales Region 'No Time' Gala 2016
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
1:08.76 S	F	50 Back	20/03/2016	West Wales Region 'No Time' Gala 2016
2:17.91 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017
1:03.73 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017
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
<b>Arron Fitzsimmons (12) M</b>				
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge
29.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
1:07.41 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017
1:07.41 S	P	100 Free	11/03/2017	Llanelli ASC - Open Meet 2017
2:28.73 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017
5:04.48 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017
20:53.17 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016
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
1:12.74 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017
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
36.21 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017
1:23.77 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017
3:06.79 S	F	200 Breast	11/03/2017	Llanelli ASC - Open Meet 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
1:15.20 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017
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
2:40.87 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017
5:45.16 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017
<b>Hannah Greenwood (13) F</b>				
21.83 S	F	25 Free	03/05/2014	Dyfed Junior Challenge
33.85 S	P	50 Free	03/02/2017	West Wales Regionals 2017
1:13.83 S	P	100 Free	03/02/2017	West Wales Regionals 2017
2:39.16 S	F	200 Free	03/02/2017	West Wales Regionals 2017
5:31.86 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017
20.82 S	F	25 Back	06/06/2015	Dyfed Junior Challenge
36.54 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
1:18.16 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017
2:43.59 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017
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
<b>Josh Greenwood (11) M</b>				
40.24 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
3:28.76 S	F	200 Free	09/04/2017	West Wales Region 'No Time' Gala 2017
53.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
4:13.10 S	F	200 IM	09/04/2017	West Wales Region 'No Time' Gala 2017
<b>Cerys Griffiths (7) F</b>				
28.38 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
53.04 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
33.72 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships
<b>Megan Griffiths (12) F</b>				
18.31 S	F	25 Free	06/06/2015	Dyfed Junior Challenge
37.56 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Megan Griffiths (12) F</b>					
1:26.38 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:14.97 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
7:17.59 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015	
25.75 S	F	25 Back	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
43.43 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016	
1:33.12 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
29.78 S	F	25 Breast	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
52.20 S	F	50 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:50.44 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
4:06.68 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
25.69 S	F	25 Fly	10/11/2013	Milford Tigers Club Championships 2013	
54.87 S	F	50 Fly	01/06/2014	Amman Valley Open Meet 2014	
1:40.53 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
3:35.27 S	F	200 IM	05/06/2016	Amman Valley Open Meet 2016	
7:50.46 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Owyn Griffiths (13) M</b>					
15.63 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
33.32 S	F	50 Free	26/09/2015	Pembrokeshire County Championships 2015	
1:09.06 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:30.19 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:17.58 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
22.10 S	F	25 Back	19/05/2012	dyfed junior challenge	
35.34 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
1:16.53 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
2:48.04 S	F	200 Back	25/11/2016	West Wales Sub Regional Competition 2016	
24.44 S	F	25 Breast	22/06/2013	West Wales Region - Junior Dev. Meet 2013	
41.50 S	F	50 Breast	03/02/2017	West Wales Regionals 2017	
1:29.17 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:32.58 S	F	200 Breast	11/07/2015	TORFAEN OPEN MEET LEVEL 2 2015	
17.94 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
42.15 S	F	50 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:26.63 S	F	100 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:20.35 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:50.52 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
6:06.31 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Tomas Griffiths (15) M</b>					
22.46 S	F	25 Free	24/10/2009	Pembrokeshire County Swimming Championships	
33.40 S	P	50 Free	29/01/2016	West Wales Regionals 2016	
1:13.61 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:32.10 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:47.30 S	F	400 Free	27/11/2015	West Wales Sub Regional Competition 2015	
21:14.47 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:29.75 S	F	100 Back	24/05/2015	Amman Valley Open Meet 2015	
3:22.10 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014	
43.92 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	
1:36.01 S	P	100 Breast	29/01/2016	West Wales Regionals 2016	
3:31.31 S	F	200 Breast	29/11/2014	West Wales Sub Regional Competition 2014	
50.95 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:56.04 S	F	100 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
1:36.71 S	F	100 IM	12/12/2014	Pembroke & District 40th Annual Championships	
3:11.94 S	F	200 IM	24/05/2015	Amman Valley Open Meet 2015	
<b>Abigail Hillary (9) F</b>					
20.71 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
40.78 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:43.33 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
26.10 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
51.88 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
27.06 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
54.55 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
30.00 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.75 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:53.27 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Benjamin Hillary (11) M</b>					

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Benjamin Hillary (11) M</b>					
17.22 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
35.13 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:13.84 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:08.65 S	F	200 Free	11/12/2015	Pembroke & District 41st 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	
38.59 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:22.40 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
3:09.18 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
46.45 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:45.93 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:06.99 S	F	200 Breast	20/03/2016	West Wales Region 'No Time' Gala 2016	
39.78 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:31.97 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
4:14.53 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Amelie Hounsell (8) F</b>					
48.86 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
<b>Toby Hounsell (10) M</b>					
50.61 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
<b>Lena Hughes (12) F</b>					
36.41 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:23.15 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
2:52.93 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
39.25 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016	
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	
45.45 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 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	
<b>Maddy James (10) F</b>					
50.88 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
58.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:55.15 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Cai Johnson (10) M</b>					
26.80 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
2:12.38 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:36.51 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
59.68 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
36.95 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
<b>Bethan Jones (14) F</b>					
19.34 S	F	25 Free	11/11/2011	Milford Tigers Club Championships	
29.29 S	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:02.63 S	P	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:16.46 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:48.52 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
10:14.23 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
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	
2:39.98 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
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	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Bethan Jones (14) F</b>					
30.32 S	P	50 Fly	03/02/2017	West Wales Regionals 2017	
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	
1:11.62 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:31.61 S	P	200 IM	22/11/2016	Stockport Metro November Meet	
5:23.05 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Cai Jones (11) M</b>					
1:57.14 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:13.83 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Molly Jones (11) F</b>					
44.22 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:07.92 S	F	100 Free	20/03/2016	West Wales Region 'No Time' Gala 2016	
4:05.89 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
51.95 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:50.78 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
50.29 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:47.51 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:53.41 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
4:12.58 S	F	200 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
<b>Callum Keane (7) M</b>					
4:28.23 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
54.07 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:10.46 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:07.72 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Jayden KEANE (12) M</b>					
24.65 S	F	25 Free	09/07/2012	Tenby Dolphins Club Championships 2012	
33.43 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:10.27 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:45.20 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
5:21.63 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
21:51.20 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016	
25.91 S	F	25 Back	02/11/2013	Neath ASC Open Meet 2013	
54.28 S	F	50 Back	28/09/2013	pembrokeshire county swimming championships	
1:22.53 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
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	
1:36.70 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 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	
36.63 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:28.13 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017	
2:06.63 S	F	100 IM	28/09/2013	pembrokeshire county swimming championships	
2:53.73 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
6:16.93 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Lewys Kettle (14) M</b>					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
38.28 S	F	50 Free	12/12/2014	Pembroke & District 40th Annual Championships	
1:12.51 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:36.69 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:35.89 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
22:41.06 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016	
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	
1:25.70 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
3:02.02 S	F	200 Back	25/11/2016	West Wales Sub Regional Competition 2016	
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	
1:27.35 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:08.91 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:38.27 S	F	100 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Lewys Kettle (14) M</b>					
3:36.49 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:29.22 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:53.96 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Rowan Kettle (16) M</b>					
21.64 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
28.92 S L	F	50 Free	27/11/2015	West Wales Sub Regional Competition 2015	
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	
34.40 S	F	50 Back	22/11/2015	Hereford Open Meet 2015	
1:09.64 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 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	
1:18.43 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:20.66 S	F	100 IM	12/12/2014	Pembroke & District 40th Annual Championships	
2:32.00 S	F	200 IM	27/02/2016	Llanelli ASC - Open Meet 2016	
5:23.04 S	F	400 IM	26/09/2015	Pembrokeshire County Championships 2015	
<b>Aneurin Lee (10) M</b>					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
39.53 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
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	
42.72 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:37.80 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
26.86 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
56.21 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
21.61 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017	
1:39.09 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:23.34 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Dylan Lee (8) M</b>					
49.04 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:32.16 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:02.37 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
5:01.11 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Georgia Lee (12) F</b>					
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
33.59 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:15.93 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:49.13 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 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	
1:23.65 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
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	
1:35.09 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:26.93 S	F	200 Breast	03/02/2017	West Wales Regionals 2017	
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	
1:30.07 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Georgia Lee (12) F</b>					
3:08.05 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
<b>Martha Lee (9) F</b>					
26.57 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
56.16 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
31.65 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
<b>Caera Lewis (11) F</b>					
16.91 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
34.09 S	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:14.65 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:43.02 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
5:39.29 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
19.32 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
39.03 S	F	50 Back	03/02/2017	West Wales Regionals 2017	
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	
43.20 S	F	50 Breast	03/02/2017	West Wales Regionals 2017	
1:34.67 S	F	100 Breast	03/02/2017	West Wales Regionals 2017	
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	
37.74 S	F	50 Fly	03/02/2017	West Wales Regionals 2017	
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	
1:29.90 S	F	100 IM	24/09/2016	Pembrokeshire County Championships 2016	
2:53.20 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
6:09.95 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Edward Lister (11) M</b>					
23.53 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
39.74 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:32.35 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
3:20.48 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
7:11.20 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
28.60 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
54.19 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:46.74 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
44.20 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
57.18 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:54.99 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
29.89 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
42.65 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:41.22 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:40.20 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:41.00 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
7:47.29 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Hazel Lister (9) F</b>					
22.76 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
52.94 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:03.15 S	F	100 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:45.02 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
26.25 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.77 S	F	50 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
32.84 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:09.40 S	F	50 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
35.90 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
1:17.77 S	F	50 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:08.02 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Rosie Llewellyn (15) F</b>					
16.45 S	F	25 Free	20/01/2012	llanelli novice gala	
30.18 S L	F	50 Free	29/01/2016	West Wales Regionals 2016	
1:05.07 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
2:18.22 S	F	200 Free	03/02/2017	West Wales Regionals 2017	
5:00.07 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
10:24.53 S	F	800 Free	27/11/2015	West Wales Sub Regional Competition 2015	



## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Rosie Llewellyn (15) F</b>					
22.56 S	F	25 Back	18/11/2011	Pembroke & District 37th Annual Championships	
35.87 S	P	50 Back	18/12/2015	Swim Wales Short Course Championships 2015	
1:15.85 S	F	100 Back	05/06/2016	Amman Valley Open Meet 2016	
2:45.87 S	F	200 Back	24/09/2016	Pembrokeshire County Championships 2016	
18.27 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge	
36.11 S	P	50 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
1:17.62 S	P	100 Breast	02/12/2016	Swim Wales Short Course Championships 2016	
2:49.51 S	F	200 Breast	22/11/2016	Stockport Metro November Meet	
21.50 S	F	25 Fly	18/11/2011	Pembroke & District 37th Annual Championships	
33.02 S	P	50 Fly	18/12/2015	Swim Wales Short Course Championships 2015	
1:13.75 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:49.90 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:16.13 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:35.55 S	P	200 IM	18/12/2015	Swim Wales Short Course Championships 2015	
5:25.40 S	F	400 IM	05/06/2016	Amman Valley Open Meet 2016	
<b>Fleur Lond (10) F</b>					
4:13.64 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Rebecca Mason (10) F</b>					
23.65 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:03.62 S	F	50 Free	20/03/2016	West Wales Region 'No Time' Gala 2016	
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	
1:12.47 S	F	50 Back	20/03/2016	West Wales Region 'No Time' Gala 2016	
2:16.59 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
30.46 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:32.19 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:05.92 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:32.36 S	F	100 IM	20/03/2016	West Wales Region 'No Time' Gala 2016	
<b>Nieve McNally (10) F</b>					
43.53 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:43.99 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
<b>Ben Morgan (7) M</b>					
58.46 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
5:33.92 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:00.51 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:20.76 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:14.90 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:35.02 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Jack Morgan (10) M</b>					
50.65 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
3:47.23 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
8:18.95 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:00.01 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:11.18 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:08.39 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Chloe Morris (12) F</b>					
22.97 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
43.20 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:52.60 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
3:03.51 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
6:58.59 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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	
3:21.09 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
29.85 S	F	25 Breast	12/12/2014	Pembroke & District 40th Annual Championships	
54.93 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:48.66 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:45.91 S	F	200 Breast	29/11/2014	West Wales Sub Regional Competition 2014	
26.81 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Chloe Morris (12) F</b>					
51.26 S	F	50 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:44.95 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
3:34.12 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:41.28 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Fred Morris (9) M</b>					
26.38 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
53.27 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:15.49 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
31.22 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
34.59 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
<b>Jessica Morris (13) F</b>					
26.14 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
36.99 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:49.42 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
2:49.57 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
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	
47.79 S	F	50 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
1:29.64 S	F	100 Breast	03/02/2017	West Wales Regionals 2017	
3:29.62 S	F	200 Breast	29/01/2016	West Wales Regionals 2016	
42.30 S	F	50 Fly	25/11/2016	West Wales Sub Regional Competition 2016	
1:28.41 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:56.48 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:34.46 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Sophie Moseley (10) F</b>					
28.33 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
51.45 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:04.28 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:30.11 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 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	
2:03.81 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 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	
2:27.30 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:51.56 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
1:23.07 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:55.39 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:06.91 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
4:59.23 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
10:12.13 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Ioan Mutter (11) M</b>					
20.58 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
37.02 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:26.59 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
3:21.29 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
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	
47.74 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
2:16.37 S	F	100 Back	22/03/2015	West Wales Region 'No Time' Gala 2015	
3:43.62 S	F	200 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
25.30 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
49.12 S	F	50 Breast	11/03/2017	Llanelli ASC - Open Meet 2017	
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	
44.33 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:45.74 S	F	100 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Ioan Mutter (11) M</b>					
1:38.17 S	F	100 IM	11/03/2017	Llanelli ASC - Open Meet 2017	
3:46.88 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
8:02.18 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Alice Oliver (9) F</b>					
24.97 S	F	25 Free	09/12/2016	Pembroke & District 42nd 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	
26.95 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:00.77 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
36.32 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:17.90 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Rosie Oliver (7) F</b>					
29.53 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
57.39 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
33.31 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:03.20 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
36.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:14.22 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
<b>Lauren Omnet (14) F</b>					
18.65 S	F	25 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
32.17 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:09.20 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:25.70 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:58.69 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
10:47.04 S	F	800 Free	25/11/2016	West Wales Sub Regional Competition 2016	
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	
2:40.61 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
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	
2:49.05 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
22.78 S	F	25 Fly	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
41.93 S	P	50 Fly	30/01/2015	West Wales Regionals 2015	
1:20.90 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
3:09.51 S	F	200 Fly	24/09/2016	Pembrokeshire County Championships 2016	
1:19.90 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:41.37 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
5:34.59 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Lucy Omnet (17) F</b>					
22.93 S	F	25 Free	14/11/2008	Pembroke & District 34th Annual Championships	
31.45 S	F	50 Free	27/11/2015	West Wales Sub Regional Competition 2015	
1:08.17 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
2:25.84 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
5:14.03 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015	
10:40.08 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
20.42 S	F	25 Back	20/01/2012	Llanelli novice gala	
37.84 S L	F	50 Back	29/11/2014	West Wales Sub Regional Competition 2014	
1:19.79 S	F	100 Back	26/09/2015	Pembrokeshire County Championships 2015	
22.85 S	F	25 Breast	19/03/2011	Dyfed Junior Challenge	
39.39 S	P	50 Breast	29/01/2016	West Wales Regionals 2016	
1:25.12 S	P	100 Breast	29/01/2016	West Wales Regionals 2016	
3:03.15 S	F	200 Breast	11/10/2014	Pembrokeshire County Championships 2014	
20.09 S	F	25 Fly	20/01/2012	Llanelli novice gala	
38.70 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:24.55 S	F	100 Fly	11/07/2015	TORFAEN OPEN MEET LEVEL 2 2015	
1:18.65 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:44.76 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
6:14.03 S	F	400 IM	18/07/2014	Pembroke & District Summer Long Distance 2014	
<b>Ellie Parks (18) F</b>					
16.77 S	P	25 Free	26/06/2010	Torfaen Open Meet 2010	
31.11 S	F	50 Free	19/04/2014	basingstoke bluefins easter egg meet	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event		
<b>Ellie Parks (18) F</b>				
1:09.11 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015
2:28.12 S	F	200 Free	23/06/2012	Torfaen Open Meet June 2012 level 2
5:16.85 S	F	400 Free	02/02/2013	West Wales Champs 2013
11:05.52 S	F	800 Free	02/02/2013	West Wales Champs 2013
24:07.40 S	F	1500 Free	16/01/2011	Pembrokeshire County Swimming Long Distance
22.36 S	P	25 Back	25/05/2008	Pembs Sprints
35.60 S	F	50 Back	27/11/2015	West Wales Sub Regional Competition 2015
1:14.71 S	F	100 Back	26/09/2015	Pembrokeshire County Championships 2015
2:41.06 S	F	200 Back	30/01/2015	West Wales Regionals 2015
21.48 S	F	25 Breast	04/10/2009	RAOB
39.20 S	P	50 Breast	30/01/2015	West Wales Regionals 2015
1:21.96 S	F	100 Breast	26/09/2015	Pembrokeshire County Championships 2015
2:58.77 S	F	200 Breast	26/09/2015	Pembrokeshire County Championships 2015
16.28 S	F	25 Fly	23/05/2010	Dyfed Junior Challenge
34.79 S	F	50 Fly	29/01/2016	West Wales Regionals 2016
1:19.22 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships
3:05.69 S	F	200 Fly	03/11/2012	Neath ASC Open Meet 2012
1:18.40 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships
2:40.03 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015
5:45.90 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015
<b>James Price (13) M</b>				
34.14 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
40.75 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
46.94 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
1:30.64 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017
<b>Toby Price (11) M</b>				
43.82 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
57.36 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
1:12.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
<b>Scarlett Rattenbury (10) F</b>				
25.61 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships
47.95 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017
30.14 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships
1:02.54 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016
1:08.91 S	F	50 Breast	05/06/2016	Amman Valley Open Meet 2016
2:16.62 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017
1:08.50 S	F	50 Fly	05/06/2016	Amman Valley Open Meet 2016
2:11.18 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016
4:36.48 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017
<b>Lily Rice (13) F</b>				
41.98 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016
1:22.86 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017
3:40.45 S	F	200 Free	20/06/2015	West Wales Region - Junior Dev. Meet 2015
48.84 S	F	50 Back	05/06/2016	Amman Valley Open Meet 2016
1:31.22 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017
2:32.04 S	F	100 Breast	20/06/2015	West Wales Region - Junior Dev. Meet 2015
x51.70 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017
1:51.68 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016
x3:37.79 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017
<b>Georgia Shiels (14) F</b>				
15.72 S	F	25 Free	03/05/2014	Dyfed Junior Challenge
32.65 S	F	50 Free	08/01/2017	Celtic Dolphins Sprint Meet 2017
1:17.80 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015
2:47.53 S	F	200 Free	27/11/2015	West Wales Sub Regional Competition 2015
6:04.20 S	F	400 Free	27/11/2015	West Wales Sub Regional Competition 2015
21.82 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships
39.21 S	F	50 Back	26/09/2015	Pembrokeshire County Championships 2015
1:26.04 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships
2:59.19 S	F	200 Back	29/01/2016	West Wales Regionals 2016
25.75 S	F	25 Breast	30/11/2012	Pembroke & District 38th Annual Championships
39.77 S	F	50 Breast	08/01/2017	Celtic Dolphins Sprint Meet 2017
1:29.47 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
3:24.69 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Georgia Shiels (14) F</b>					
22.44 S	F	25 Fly	30/11/2012	Pembroke & District 38th Annual Championships	
39.70 S	F	50 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:42.19 S	F	100 Fly	29/11/2014	West Wales Sub Regional Competition 2014	
1:23.37 S	F	100 IM	08/01/2017	Celtic Dolphins Sprint Meet 2017	
3:06.61 S	F	200 IM	27/11/2015	West Wales Sub Regional Competition 2015	
<b>Ewan Sture (9) M</b>					
26.75 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
54.67 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
32.94 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:10.86 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017	
40.59 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:15.76 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
2:29.24 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Maggie Sturley (11) F</b>					
20.39 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
39.81 S	P	50 Free	03/02/2017	West Wales Regionals 2017	
1:24.91 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:06.07 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
6:43.02 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
23.12 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
46.40 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:45.39 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
27.73 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
56.86 S	P	50 Breast	03/02/2017	West Wales Regionals 2017	
1:55.12 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
47.28 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:42.45 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:44.96 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
<b>Toby Sturley (13) M</b>					
15.94 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
29.59 S	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:02.47 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
2:17.85 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:56.45 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
18.50 S	F	25 Back	06/06/2015	Dyfed Junior Challenge	
34.24 S	F	50 Back	03/02/2017	West Wales Regionals 2017	
1:11.93 S	F	100 Back	03/02/2017	West Wales Regionals 2017	
2:28.91 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:20.99 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:56.63 S	F	200 Breast	14/10/2017	Pembrokeshire County Championships 2017	
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	
1:17.31 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:33.65 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
5:22.62 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Abigail Thomas (10) F</b>					
20.26 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
38.85 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:26.75 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
3:04.97 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
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	
47.53 S	P	50 Back	03/02/2017	West Wales Regionals 2017	
1:47.41 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
30.06 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
53.74 S	P	50 Breast	03/02/2017	West Wales Regionals 2017	
1:52.75 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
23.76 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
48.12 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Abigail Thomas (10) F</b>					
1:48.32 S	F	100 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:41.31 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:34.36 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Daniel Thomas (20) M</b>					
16.91 S	F	25 Free	31/05/2008	Dyfed Junior League Round 2	
26.72 S	F	50 Free	29/11/2014	West Wales Sub Regional Competition 2014	
57.73 S	P	100 Free	30/01/2015	West Wales Regionals 2015	
2:05.26 S	F	200 Free	11/10/2014	Pembrokeshire County Championships 2014	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 level 2	
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
9:29.23 S	F	800 Free	16/01/2011	Pembrokeshire County Swimming Long Distance	
18:12.11 S	F	1500 Free	05/02/2011	West Wales Champs 2011	
19.42 S	F	25 Back	29/06/2008	Dyfed Junior League Final	
29.71 S	F	50 Back	30/01/2015	West Wales Regionals 2015	
1:03.23 S	S	100 Back	30/01/2015	West Wales Regionals 2015	
2:14.22 S	F	200 Back	01/02/2014	West Wales Champs 2014	
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	
27.64 S	P	50 Fly	02/12/2016	Swim Wales Short Course Championships 2016	
1:00.60 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:14.87 S	F	200 Fly	02/12/2016	Swim Wales Short Course Championships 2016	
1:05.29 S	F	100 IM	06/12/2013	Pembroke & District 39th Annual Championships	
2:19.38 S	P	200 IM	01/02/2014	West Wales Champs 2014	
4:52.75 S	F	400 IM	26/10/2012	Worcester Open Meet	
<b>Carys Thompson (10) F</b>					
57.16 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:48.06 S	F	100 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:12.19 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
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	
1:11.77 S	F	50 Breast	24/09/2016	Pembrokeshire County Championships 2016	
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	
1:01.56 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:08.09 S	F	100 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:24.56 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Freya Thompson (6) F</b>					
47.35 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
5:19.05 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
54.53 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
<b>Ella Townsend (15) F</b>					
19.69 S	F	25 Free	18/11/2011	Pembroke & District 37th Annual Championships	
36.08 S S	P	50 Free	01/03/2014	Llanelli ASC - Open Meet 2014	
1:18.12 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
2:41.71 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
6:41.37 S	F	400 Free	18/07/2014	Pembroke & District Summer Long Distance 2014	
21.85 S	F	25 Back	01/06/2013	Dyfed Junior Challenge	
46.38 S	P	50 Back	30/01/2015	West Wales Regionals 2015	
1:37.32 S	F	100 Back	11/12/2015	Pembroke & District 41st Annual Championships	
27.18 S	F	25 Breast	19/03/2011	Dyfed Junior Challenge	
48.14 S S	F	50 Breast	01/06/2014	Amman Valley Open Meet 2014	
1:34.83 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
3:39.75 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
51.30 S S	P	50 Fly	01/02/2014	West Wales Champs 2014	
1:37.74 S	F	100 IM	01/06/2014	Amman Valley Open Meet 2014	
3:08.37 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
7:34.66 S	F	400 IM	19/07/2013	Pembroke & District Summer Long Distance 2013	
<b>James Townsend (11) M</b>					
22.89 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
45.54 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>James Townsend (11) M</b>					
2:08.85 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
3:48.71 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
26.73 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
55.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
24.70 S	F	25 Breast	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
50.78 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:51.89 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
4:18.51 S	F	200 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
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	
<b>Daniel Twynam (13) M</b>					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	
46.87 S S	F	50 Free	11/10/2014	Pembrokeshire County Championships 2014	
1:31.09 S	F	100 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
3:36.69 S	F	200 Free	11/12/2015	Pembroke & District 41st 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	
1:48.66 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
3:34.91 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Leon Twynam (11) M</b>					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
40.10 S	F	50 Free	14/10/2017	Pembrokeshire County Championships 2017	
1:46.88 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
3:19.08 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
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	
2:01.38 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:55.20 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
23.10 S	F	25 Fly	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
48.06 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
1:53.43 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
1:42.57 S	F	100 IM	14/10/2017	Pembrokeshire County Championships 2017	
3:46.54 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:17.45 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Kaci-Lee Watkins (11) F</b>					
52.09 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:59.41 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
4:01.87 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
8:54.43 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
2:10.28 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:12.68 S	F	200 Back	14/10/2017	Pembrokeshire County Championships 2017	
1:05.46 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
5:00.59 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
<b>Mylia Webb (9) F</b>					
29.13 S	F	25 Free	09/12/2016	Pembroke & District 42nd 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	
32.69 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
1:12.92 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016	
32.53 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:08.91 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:32.23 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	

## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Saskia Webb (10) F</b>					
21.14 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
49.32 S	F	50 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:01.09 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:50.45 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
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	
1:13.73 S	F	50 Breast	24/09/2016	Pembrokeshire County Championships 2016	
2:23.84 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
56.69 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
<b>Charlotte Whalley (13) F</b>					
17.22 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
27.41 S	F	50 Free	02/12/2016	Swim Wales Short Course Championships 2016	
1:00.20 S	F	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:14.59 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
4:56.41 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
x19.18 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships	
31.27 S	F	50 Back	03/02/2017	West Wales Regionals 2017	
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	
1:18.28 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:52.24 S	F	200 Breast	03/02/2017	West Wales Regionals 2017	
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	
1:16.96 S	F	100 IM	26/09/2015	Pembrokeshire County Championships 2015	
2:30.68 S	F	200 IM	02/12/2016	Swim Wales Short Course Championships 2016	
5:29.30 S	F	400 IM	03/02/2017	West Wales Regionals 2017	
<b>Abbie Williams (17) F</b>					
17.10 S	F	25 Free	27/11/2009	Pembroke & District 35th Annual Championships	
28.88 S L	F	50 Free	29/01/2016	West Wales Regionals 2016	
1:01.48 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
2:14.46 S	F	200 Free	29/01/2016	West Wales Regionals 2016	
4:52.94 S	F	400 Free	29/01/2016	West Wales Regionals 2016	
9:52.50 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
18.84 S	F	25 Back	19/03/2011	Dyfed Junior Challenge	
33.61 S	F	50 Back	22/11/2015	Hereford Open Meet 2015	
1:09.28 S	F	100 Back	24/09/2016	Pembrokeshire County Championships 2016	
2:31.75 S	F	200 Back	29/01/2016	West Wales Regionals 2016	
25.77 S	F	25 Breast	27/11/2009	Pembroke & District 35th Annual Championships	
42.19 S	F	50 Breast	22/11/2015	Hereford Open Meet 2015	
1:30.97 S	P	100 Breast	01/02/2014	West Wales Champs 2014	
3:16.31 S	P	200 Breast	02/02/2013	West Wales Champs 2013	
17.42 S	F	25 Fly	19/05/2012	dyfed junior challenge	
36.16 S S	F	50 Fly	11/10/2014	Pembrokeshire County Championships 2014	
1:15.81 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
3:13.79 S	P	200 Fly	02/02/2013	West Wales Champs 2013	
1:14.60 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:36.20 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
5:42.80 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Ellie Williams (15) F</b>					
18.77 S	F	25 Free	18/11/2011	Pembroke & District 37th Annual Championships	
32.72 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:14.15 S	P	100 Free	29/01/2016	West Wales Regionals 2016	
2:39.40 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
5:30.71 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015	
11:30.16 S	F	800 Free	27/11/2015	West Wales Sub Regional Competition 2015	
23.59 S	F	25 Back	18/11/2011	Pembroke & District 37th Annual Championships	
40.60 S L	F	50 Back	29/01/2016	West Wales Regionals 2016	



## Individual Top Times

### Show Short Course Only

Time	P/F/S	Event			
<b>Ellie Williams (15) F</b>					
1:28.41 S	F	100 Back	24/05/2015	Amman Valley Open Meet 2015	
3:00.58 S	F	200 Back	29/11/2014	West Wales Sub Regional Competition 2014	
24.81 S	F	25 Breast	19/05/2012	dyfed junior challenge	
46.81 S S	F	50 Breast	11/10/2014	Pembrokeshire County Championships 2014	
1:35.16 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 2017	
3:25.75 S	F	200 Breast	11/10/2014	Pembrokeshire County Championships 2014	
18.15 S	F	25 Fly	03/05/2014	Dyfed Junior Challenge	
37.48 S	P	50 Fly	29/01/2016	West Wales Regionals 2016	
1:26.96 S	F	100 Fly	24/05/2015	Amman Valley Open Meet 2015	
3:19.28 S	F	200 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:25.69 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:57.72 S	F	200 IM	27/11/2015	West Wales Sub Regional Competition 2015	
6:09.86 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
<b>Libby Williams (10) F</b>					
19.79 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
44.27 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:46.59 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:39.82 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
23.22 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
51.49 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
1:44.98 S	F	100 Back	14/10/2017	Pembrokeshire County Championships 2017	
28.57 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:02.25 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
2:18.70 S	F	100 Breast	14/10/2017	Pembrokeshire County Championships 2017	
26.89 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
58.72 S	F	50 Fly	14/10/2017	Pembrokeshire County Championships 2017	
2:06.67 S	F	100 IM	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
4:02.48 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
<b>Morgan Williams (11) M</b>					
16.55 S	F	25 Free	17/12/2017	RAOB Pembrokeshire Junior Team Gala 2017	
35.32 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:50.27 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
3:03.28 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
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	
1:42.08 S	F	100 IM	05/06/2016	Amman Valley Open Meet 2016	
3:54.23 S	F	200 IM	26/09/2015	Pembrokeshire County Championships 2015	
<b>Jayden Wilson (10) F</b>					
21.19 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
44.68 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:46.75 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:38.77 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
23.94 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
48.68 S	F	50 Back	14/10/2017	Pembrokeshire County Championships 2017	
32.16 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
56.09 S	F	50 Breast	14/10/2017	Pembrokeshire County Championships 2017	
2:10.55 S	F	100 Breast	24/09/2016	Pembrokeshire County Championships 2016	
32.79 S	F	25 Fly	12/12/2014	Pembroke & District 40th Annual Championships	
54.49 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:56.01 S	F	100 IM	24/09/2016	Pembrokeshire County Championships 2016	
4:05.24 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
<b>Tayla Wilson (13) F</b>					
22.67 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
31.74 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:08.87 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016	
2:29.18 S	F	200 Free	14/10/2017	Pembrokeshire County Championships 2017	
5:16.32 S	F	400 Free	14/10/2017	Pembrokeshire County Championships 2017	
11:40.33 S	F	800 Free	29/01/2016	West Wales Regionals 2016	

---

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

<b>Time</b>	<b>P/F/S</b>	<b>Event</b>			
<b>Tayla Wilson (13) F</b>					
21.95 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
36.61 S	F	50 Back	03/02/2017	West Wales Regionals 2017	
1:16.54 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
2:43.23 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
22.52 S	F	25 Breast	03/05/2014	Dyfed Junior Challenge	
41.26 S	F	50 Breast	03/02/2017	West Wales Regionals 2017	
1:26.91 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 2017	
3:07.63 S	F	200 Breast	03/02/2017	West Wales Regionals 2017	
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	
2:43.07 S	F	200 IM	14/10/2017	Pembrokeshire County Championships 2017	
5:52.74 S	F	400 IM	14/10/2017	Pembrokeshire County Championships 2017	