

Individual Top Times

Pembroke & District [PEMY] Coach: Keith Thompson Thompson

Show Short Course Only

Time	P/F/S	Event		
Lily Busby (10) F				
19.34 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
40.58 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
1:41.95 S	F	100 Free	18/06/2016	West Wales Region - Junior Dev. Meet 2016
3:46.71 S	F	200 Free	20/03/2016	West Wales Region 'No Time' Gala 2016
20.35 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships
45.63 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
1:44.70 S	F	100 Back	24/09/2016	Pembrokeshire County Championships 2016
24.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
54.36 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 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
Holly-Jane Callen (11) F				
46.23 S	P	50 Free	03/02/2017	West Wales Regionals 2017
1:42.36 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
3:28.95 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017
7:28.57 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017
1:01.00 S	F	50 Back	25/11/2016	West Wales Sub Regional Competition 2016
1:50.57 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017
52.53 S	P	50 Breast	03/02/2017	West Wales Regionals 2017
1:46.34 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017
4:16.50 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016
52.49 S	F	50 Fly	09/04/2017	West Wales Region 'No Time' Gala 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
Leah Carroll (11) F				
41.51 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
1:43.90 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
3:26.66 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 2017
6:48.27 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017
47.49 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
1:38.75 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017
59.28 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
1:56.01 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017
2:10.70 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017
2:06.25 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
3:48.30 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
Megan Cole (11) F				
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
1:23.59 S	F	100 Free	07/05/2017	Amman Valley Open Meet 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
43.82 S L	F	50 Back	03/02/2017	West Wales Regionals 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
46.84 S	P	50 Breast	03/02/2017	West Wales Regionals 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
7:23.23 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017
Shanai Colley (11) F				
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
Poppy Cumine (11) F				
23.13 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships

Individual Top Times

Show Short Course Only

Time	P/F/S	Event		
Poppy Cumine (11) F				
41.20 S	F	50 Free	07/05/2017	Amman Valley Open Meet 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
2:18.80 S	F	100 Breast	24/09/2016	Pembrokeshire County Championships 2016
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
Nyah Elliott (10) F				
59.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships
1:08.65 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships
1:23.56 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
Aria Evans (8) F				
54.85 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017
4:10.30 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017
1:05.32 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 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
Ben Evans (10) M				
58.22 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships
2:31.24 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
1:07.32 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships
2:21.73 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 2017
Charlotte Evans (12) F				
20.84 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships
38.52 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016
1:29.30 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016
3:23.41 S	F	200 Free	18/06/2016	West Wales Region - Junior Dev. Meet 2016
21.33 S	F	25 Back	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
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
Marilla Evans (10) F				
17.63 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
48.44 S	F	50 Free	11/10/2014	Pembrokeshire County Championships 2014
3:02.12 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships
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
1:01.28 S	F	50 Breast	26/09/2015	Pembrokeshire County Championships 2015
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
44.41 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016
1:36.75 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
3:29.91 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017
Niamh Evans (10) F				
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
4:30.74 S	F	200 Free	20/03/2016	West Wales Region 'No Time' Gala 2016
1:08.76 S	F	50 Back	20/03/2016	West Wales Region 'No Time' Gala 2016

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Niamh Evans (10) F					
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	
2:50.54 S	F	100 Breast	20/03/2016	West Wales Region 'No Time' Gala 2016	
2:12.95 S	F	100 IM	09/04/2017	West Wales Region 'No Time' Gala 2017	
Arron Fitzsimmons (12) M					
24.44 S	F	25 Free	01/06/2013	Dyfed Junior Challenge	
30.61 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:07.41 S	P	100 Free	11/03/2017	Llanelli ASC - Open Meet 2017	
2:29.62 S	F	200 Free	11/03/2017	Llanelli ASC - Open Meet 2017	
5:13.33 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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	
34.38 S	F	50 Back	03/02/2017	West Wales Regionals 2017	
1:13.29 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	
2:37.64 S	F	200 Back	11/03/2017	Llanelli ASC - Open Meet 2017	
22.15 S	F	25 Breast	21/06/2014	West Wales Region - Junior Dev. Meet 2014	
38.72 S	F	50 Breast	03/02/2017	West Wales Regionals 2017	
1:25.22 S	P	100 Breast	03/02/2017	West Wales Regionals 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	
34.46 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:19.46 S	P	100 Fly	11/03/2017	Llanelli ASC - Open Meet 2017	
3:36.93 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:15.84 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
2:44.03 S	F	200 IM	03/02/2017	West Wales Regionals 2017	
5:51.36 S	F	400 IM	07/05/2017	Amman Valley Open Meet 2017	
Hannah Greenwood (13) F					
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	
6:50.05 S	F	400 Free	27/11/2015	West Wales Sub Regional Competition 2015	
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	
2:52.51 S	F	200 Back	03/02/2017	West Wales Regionals 2017	
46.71 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:41.28 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 2017	
37.48 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:34.07 S	F	100 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:20.98 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
2:53.19 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
8:03.25 S	F	400 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Josh Greenwood (11) M					
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	
Cerys Griffiths (7) F					
28.38 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
33.72 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
Megan Griffiths (12) F					
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	
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	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event		
Megan Griffiths (12) F				
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
Owyn Griffiths (13) M				
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
1:33.48 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 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
2:52.62 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016
6:06.31 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017
Tomas Griffiths (15) M				
22.46 S	F	25 Free	24/10/2009	Pembrokeshire County Swimming Championships
33.40 S	P	50 Free	29/01/2016	West Wales Regionals 2016
1:13.61 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016
2:32.10 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships
5:47.30 S	F	400 Free	27/11/2015	West Wales Sub Regional Competition 2015
21:14.47 S	F	1500 Free	25/11/2016	West Wales Sub Regional Competition 2016
1:29.75 S	F	100 Back	24/05/2015	Amman Valley Open Meet 2015
3:22.10 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014
43.92 S	P	50 Breast	29/01/2016	West Wales Regionals 2016
1:36.01 S	P	100 Breast	29/01/2016	West Wales Regionals 2016
3:31.31 S	F	200 Breast	29/11/2014	West Wales Sub Regional Competition 2014
50.95 S S	F	50 Fly	29/11/2014	West Wales Sub Regional Competition 2014
1:56.04 S	F	100 Fly	12/12/2014	Pembroke & District 40th Annual Championships
1:36.71 S	F	100 IM	12/12/2014	Pembroke & District 40th Annual Championships
3:11.94 S	F	200 IM	24/05/2015	Amman Valley Open Meet 2015
Abigail Hillary (9) F				
20.71 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
42.71 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 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
54.22 S	F	50 Back	09/04/2017	West Wales Region 'No Time' Gala 2017
27.06 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
57.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 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
1:58.72 S	F	100 IM	09/04/2017	West Wales Region 'No Time' Gala 2017
Benjamin Hillary (11) M				
17.22 S	F	25 Free	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
35.13 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships
1:16.95 S	P	100 Free	03/02/2017	West Wales Regionals 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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
39.80 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships
1:25.52 S	F	100 Back	25/11/2016	West Wales Sub Regional Competition 2016
3:09.18 S	F	200 Back	03/02/2017	West Wales Regionals 2017

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Benjamin Hillary (11) M					
51.75 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
1:47.83 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
4:06.99 S	F	200 Breast	20/03/2016	West Wales Region 'No Time' Gala 2016	
40.14 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 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	
Lena Hughes (12) F					
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	
2:53.34 S	F	200 Free	03/02/2017	West Wales Regionals 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	
1:30.76 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
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	
4:12.04 S	F	200 Breast	27/11/2015	West Wales Sub Regional Competition 2015	
39.59 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 2017	
1:32.37 S	F	100 Fly	07/05/2017	Amman Valley Open Meet 2017	
3:58.90 S	F	200 Fly	20/03/2016	West Wales Region 'No Time' Gala 2016	
1:26.31 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
3:07.82 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:37.02 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Maddy James (10) F					
50.88 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
58.00 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
Cai Johnson (10) M					
26.80 S	F	25 Free	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
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	
Bethan Jones (14) F					
19.34 S	F	25 Free	11/11/2011	Milford Tigers Club Championships	
29.29 S	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:02.63 S	P	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:16.85 S	P	200 Free	02/12/2016	Swim Wales Short Course Championships 2016	
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	
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	
5:23.95 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Molly Jones (11) F					
49.27 S	F	50 Free	24/09/2016	Pembrokeshire County Championships 2016	
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	
1:51.17 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Molly Jones (11) F					
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	
Callum Keane (7) M					
4:28.23 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
Jayden KEANE (12) M					
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	
1:11.74 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017	
2:45.20 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
5:22.52 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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	
38.98 S	F	50 Fly	07/05/2017	Amman Valley Open Meet 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	
2:57.02 S	F	200 IM	03/02/2017	West Wales Regionals 2017	
6:16.93 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Lewys Kettle (14) M					
20.47 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
38.28 S	F	50 Free	12/12/2014	Pembroke & District 40th Annual Championships	
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	
1:30.01 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 2017	
3:19.19 S	F	200 Breast	03/02/2017	West Wales Regionals 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	
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	
2:54.40 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:06.32 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rowan Kettle (16) M					
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	
58.99 S	P	100 Free	03/02/2017	West Wales Regionals 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	
1:09.71 S	F	100 Back	03/02/2017	West Wales Regionals 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	
1:20.82 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:54.53 S	F	200 Breast	22/11/2015	Hereford Open Meet 2015	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event		
Rowan Kettle (16) M				
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
1:09.01 S	P	100 Fly	03/02/2017	West Wales Regionals 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
Aneurin Lee (10) M				
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
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
44.61 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017
26.86 S	F	25 Breast	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
57.55 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
21.61 S	F	25 Fly	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
52.90 S	F	50 Fly	08/01/2017	Celtic Dolphins Sprint Meet 2017
1:42.25 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
4:23.34 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015
Dylan Lee (8) M				
4:32.16 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017
Georgia Lee (12) F				
21.37 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships
34.23 S	P	50 Free	03/02/2017	West Wales Regionals 2017
1:15.93 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017
2:50.66 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships
7:58.72 S	F	400 Free	26/07/2015	Pembroke & District Summer Long Distance 2015
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
3:35.92 S	F	200 Back	26/09/2015	Pembrokeshire County Championships 2015
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
1:35.67 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 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
3:08.05 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017
Martha Lee (9) F				
26.57 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
31.65 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships
Ben Lewis (14) M				
34.79 S	P	50 Free	29/01/2016	West Wales Regionals 2016
1:11.19 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
2:29.70 S	F	200 Free	11/03/2017	Llanelli ASC - Open Meet 2017
6:09.02 S	F	400 Free	01/02/2014	West Wales Champs 2014
19.37 S	F	25 Back	03/05/2014	Dyfed Junior Challenge
38.23 S	P	50 Back	29/01/2016	West Wales Regionals 2016
1:19.19 S	P	100 Back	11/03/2017	Llanelli ASC - Open Meet 2017
3:16.06 S	F	200 Back	11/10/2014	Pembrokeshire County Championships 2014
45.94 S	P	50 Breast	29/01/2016	West Wales Regionals 2016
1:36.49 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016
21.40 S	F	25 Fly	01/06/2013	Dyfed Junior Challenge
42.88 S	F	50 Fly	26/09/2015	Pembrokeshire County Championships 2015
1:42.01 S	F	100 Fly	14/02/2015	Dyfed Club Challenge
1:32.15 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
3:00.38 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016
7:13.84 S	F	400 IM	18/07/2014	Pembroke & District Summer Long Distance 2014
Caera Lewis (11) F				
16.91 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships
34.09 S	F	50 Free	03/02/2017	West Wales Regionals 2017
1:14.65 S	F	100 Free	07/05/2017	Amman Valley Open Meet 2017

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Caera Lewis (11) F					
2:47.00 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
5:46.28 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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	
3:20.43 S	F	200 Breast	03/02/2017	West Wales Regionals 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	
1:29.90 S	F	100 IM	24/09/2016	Pembrokeshire County Championships 2016	
2:55.01 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
6:22.46 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Edward Lister (11) M					
23.53 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
39.74 S	F	50 Free	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:32.35 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	
2:01.42 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 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	
Hazel Lister (9) F					
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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
1:17.77 S	F	50 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:10.00 S	F	100 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
Rosie Llewellyn (15) F					
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	
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	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Rosie Llewellyn (15) F					
1:13.75 S	F	100 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
2:49.90 S	F	200 Fly	27/11/2015	West Wales Sub Regional Competition 2015	
1:16.13 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
2:35.55 S	P	200 IM	18/12/2015	Swim Wales Short Course Championships 2015	
5:25.40 S	F	400 IM	05/06/2016	Amman Valley Open Meet 2016	
Fleur Lond (10) F					
4:13.64 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
Rebecca Mason (10) F					
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	
Nieve McNally (10) F					
50.26 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
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	
Ben Morgan (7) M					
5:33.92 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
Jack Morgan (10) M					
50.65 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
4:03.61 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
1:00.01 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
Chloe Morris (12) F					
22.97 S	F	25 Free	12/12/2014	Pembroke & District 40th Annual Championships	
43.20 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
1:52.60 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
3:09.62 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
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	
3:32.00 S	F	200 Back	24/09/2016	Pembrokeshire County Championships 2016	
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	
1:53.96 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 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	
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	
3:35.85 S	F	200 IM	07/05/2017	Amman Valley Open Meet 2017	
7:41.28 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Fred Morris (9) M					
26.38 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
4:29.33 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
31.22 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
34.59 S	F	25 Breast	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
Jessica Morris (13) F					
26.14 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
36.99 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016	
1:49.42 S S	F	100 Free	29/11/2014	West Wales Sub Regional Competition 2014	
2:58.87 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
6:06.50 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
28.72 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
49.40 S	F	50 Back	24/05/2015	Amman Valley Open Meet 2015	
1:27.49 S	F	100 Back	07/05/2017	Amman Valley Open Meet 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Jessica Morris (13) F					
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	
Sophie Moseley (10) F					
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	
59.41 S	F	50 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
2:03.81 S	F	100 Back	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
41.62 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:12.12 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:27.30 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 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	
2:26.52 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
4:59.23 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
10:12.13 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Ioan Mutter (11) M					
20.58 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
39.53 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
49.12 S	F	50 Breast	11/03/2017	Llanelli ASC - Open Meet 2017	
1:52.73 S	F	100 Breast	07/05/2017	Amman Valley Open Meet 2017	
4:24.69 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
45.26 S	P	50 Fly	11/03/2017	Llanelli ASC - Open Meet 2017	
1:45.74 S	F	100 Fly	09/04/2017	West Wales Region 'No Time' Gala 2017	
1:38.17 S	F	100 IM	11/03/2017	Llanelli ASC - Open Meet 2017	
3:46.88 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
8:02.18 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Alice Oliver (9) F					
24.97 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
26.95 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
36.32 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
Rosie Oliver (7) F					
29.53 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
33.31 S	F	25 Back	09/12/2016	Pembroke & District 42nd Annual Championships	
36.33 S	F	25 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
Lauren Omnet (14) F					
18.65 S	F	25 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM	
32.17 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:09.20 S	P	100 Free	03/02/2017	West Wales Regionals 2017	
2:26.66 S	F	200 Free	03/02/2017	West Wales Regionals 2017	
5:10.48 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Lauren Omnet (14) F					
2:42.90 S	F	200 Back	03/02/2017	West Wales Regionals 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	
2:59.26 S	F	200 Breast	03/02/2017	West Wales Regionals 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	
1:21.87 S	P	100 Fly	03/02/2017	West Wales Regionals 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	
2:41.63 S	F	200 IM	03/02/2017	West Wales Regionals 2017	
5:41.58 S	F	400 IM	03/02/2017	West Wales Regionals 2017	
Lucy Omnet (17) F					
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	
Ellie Parks (18) F					
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	
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	
James Price (13) M					
34.14 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
40.75 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
46.94 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017	
1:30.64 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017	
Toby Price (11) M					
46.02 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
57.36 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event		
Toby Price (11) M				
1:12.65 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 2017
Scarlett Rattenbury (10) F				
25.61 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships
56.44 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016
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
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
Lily Rice (13) F				
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
Lucy Rogers (13) F				
20.28 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships
35.35 S	F	50 Free	25/11/2016	West Wales Sub Regional Competition 2016
1:17.43 S	P	100 Free	11/03/2017	Llanelli ASC - Open Meet 2017
2:46.03 S	F	200 Free	09/12/2016	Pembroke & District 42nd Annual Championships
5:43.45 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017
23.53 S	F	25 Back	06/12/2013	Pembroke & District 39th Annual Championships
39.78 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016
1:28.81 S	F	100 Back	09/12/2016	Pembroke & District 42nd Annual Championships
24.87 S	F	25 Breast	06/06/2015	Dyfed Junior Challenge
51.31 S	F	50 Breast	11/12/2015	Pembroke & District 41st Annual Championships
1:42.66 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships
4:01.01 S	F	200 Breast	28/02/2015	Llanelli ASC - Open Meet 2015
19.59 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge
39.96 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016
1:29.05 S	P	100 Fly	11/03/2017	Llanelli ASC - Open Meet 2017
3:22.46 S	F	200 Fly	25/11/2016	West Wales Sub Regional Competition 2016
1:26.87 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
3:00.70 S	F	200 IM	11/03/2017	Llanelli ASC - Open Meet 2017
6:23.45 S	F	400 IM	21/07/2017	Pembroke & District Summer Long Distance 2017
Georgia Shiels (14) F				
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
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
Ewan Sture (9) M				
26.75 S	F	25 Free	09/12/2016	Pembroke & District 42nd Annual Championships
56.34 S	F	50 Free	07/05/2017	Amman Valley Open Meet 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

Individual Top Times

Show Short Course Only

Time	P/F/S	Event		
Ewan Sture (9) M				
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
Maggie Sturley (11) F				
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
1:31.27 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016
3:27.67 S	F	200 Free	17/06/2017	West Wales Region - Junior Dev. Meet 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
47.52 S	P	50 Back	03/02/2017	West Wales Regionals 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
1:59.60 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 2017
1:05.93 S	F	50 Fly	18/06/2016	West Wales Region - Junior Dev. Meet 2016
1:53.39 S	F	100 IM	18/06/2016	West Wales Region - Junior Dev. Meet 2016
3:44.96 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
Toby Sturley (13) M				
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
1:04.86 S	P	100 Free	03/02/2017	West Wales Regionals 2017
2:20.15 S	F	200 Free	03/02/2017	West Wales Regionals 2017
5:04.34 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 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
2:33.46 S	F	200 Back	03/02/2017	West Wales Regionals 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
1:22.41 S	P	100 Breast	03/02/2017	West Wales Regionals 2017
2:58.50 S	F	200 Breast	03/02/2017	West Wales Regionals 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
1:17.31 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships
2:38.01 S	F	200 IM	03/02/2017	West Wales Regionals 2017
5:26.70 S	F	400 IM	03/02/2017	West Wales Regionals 2017
Abigail Thomas (10) F				
20.26 S	F	25 Free	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016
40.31 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017
1:29.76 S	F	100 Free	07/05/2017	Amman Valley Open Meet 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
1:56.92 S	F	100 Breast	17/06/2017	West Wales Region - Junior Dev. Meet 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
1:58.37 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017
1:41.31 S	F	100 IM	07/05/2017	Amman Valley Open Meet 2017
3:34.77 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017
Daniel Thomas (20) M				
16.91 S	F	25 Free	31/05/2008	Dyfed Junior League Round 2
26.72 S	F	50 Free	29/11/2014	West Wales Sub Regional Competition 2014
57.73 S	P	100 Free	30/01/2015	West Wales Regionals 2015
2:05.26 S	F	200 Free	11/10/2014	Pembrokeshire County Championships 2014
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 level 2
4:28.04 S	F	400 Free	23/06/2012	Torfaen Open Meet June 2012 Level 4 JDM
9:29.23 S	F	800 Free	16/01/2011	Pembrokeshire County Swimming Long Distance
18:12.11 S	F	1500 Free	05/02/2011	West Wales Champs 2011

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Daniel Thomas (20) M					
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	
Carys Thompson (10) F					
57.16 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
2:18.11 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
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	
29.34 S	F	25 Fly	09/12/2016	Pembroke & District 42nd Annual Championships	
1:05.02 S	F	50 Fly	24/09/2016	Pembrokeshire County Championships 2016	
2:08.09 S	F	100 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
4:43.43 S	F	200 IM	21/07/2017	Pembroke & District Summer Long Distance 2017	
Freya Thompson (6) F					
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	
Ella Townsend (15) F					
19.69 S	F	25 Free	18/11/2011	Pembroke & District 37th Annual Championships	
36.08 S S	P	50 Free	01/03/2014	Llanelli ASC - Open Meet 2014	
1:18.12 S	F	100 Free	05/06/2016	Amman Valley Open Meet 2016	
2:46.50 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
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	
1:37.28 S	F	100 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
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	
3:26.91 S	P	200 IM	01/02/2014	West Wales Champs 2014	
7:34.66 S	F	400 IM	19/07/2013	Pembroke & District Summer Long Distance 2013	
James Townsend (11) M					
22.89 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
45.54 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
2:08.85 S	F	100 Free	26/09/2015	Pembrokeshire County Championships 2015	
3:58.98 S	F	200 Free	24/09/2016	Pembrokeshire County Championships 2016	
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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
50.78 S	F	50 Breast	09/12/2016	Pembroke & District 42nd Annual Championships	
2:05.65 S	F	100 Breast	24/09/2016	Pembrokeshire County Championships 2016	
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	
Daniel Twynam (13) M					
23.74 S	F	25 Free	03/05/2014	Dyfed Junior Challenge	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Daniel Twynam (13) M					
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	
4:38.17 S	F	200 Breast	24/09/2016	Pembrokeshire County Championships 2016	
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	
3:58.88 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
Leon Twynam (11) M					
20.69 S	F	25 Free	06/06/2015	Dyfed Junior Challenge	
44.65 S	F	50 Free	09/12/2016	Pembroke & District 42nd Annual Championships	
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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
49.79 S	F	50 Fly	25/11/2016	West Wales Sub Regional Competition 2016	
1:53.43 S	F	100 Fly	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
2:03.28 S	F	100 IM	11/12/2015	Pembroke & District 41st 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	
Kaci-Lee Watkins (11) F					
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	
5:00.59 S	F	200 IM	17/06/2017	West Wales Region - Junior Dev. Meet 2017	
Mylia Webb (9) F					
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	
2:18.62 S	F	100 Free	09/04/2017	West Wales Region 'No Time' Gala 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	
1:10.89 S	F	50 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
Saskia Webb (10) F					
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	
1:06.72 S	F	50 Back	24/09/2016	Pembrokeshire County Championships 2016	
2:23.63 S	F	100 Back	09/04/2017	West Wales Region 'No Time' Gala 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	
2:24.39 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
Charlotte Whalley (13) F					
17.22 S	F	25 Free	06/12/2013	Pembroke & District 39th Annual Championships	
27.41 S	F	50 Free	02/12/2016	Swim Wales Short Course Championships 2016	
1:00.20 S	F	100 Free	02/12/2016	Swim Wales Short Course Championships 2016	
2:18.81 S	F	200 Free	18/12/2015	Swim Wales Short Course Championships 2015	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Charlotte Whalley (13) F					
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	
1:07.30 S	P	100 Back	02/12/2016	Swim Wales Short Course Championships 2016	
2:30.52 S	F	200 Back	22/11/2016	Stockport Metro November Meet	
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	
1:20.14 S	P	100 Breast	03/02/2017	West Wales Regionals 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	
Abbie Williams (17) F					
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	
Ellie Williams (15) F					
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	
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	
Iolo Williams (10) M					
24.07 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
5:38.75 S	F	200 Free	12/12/2014	Pembroke & District 40th Annual Championships	

Individual Top Times

Show Short Course Only

Time	P/F/S	Event			
Iolo Williams (10) M					
26.70 S	F	25 Back	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
Libby Williams (10) F					
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	
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	
2:18.79 S	F	100 Breast	09/04/2017	West Wales Region 'No Time' Gala 2017	
26.89 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
1:04.25 S	F	50 Fly	18/06/2016	West Wales Region - Junior Dev. Meet 2016	
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	
Morgan Williams (11) M					
16.55 S	F	25 Free	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
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	08/10/2016	RAOB Pembrokeshire Junior Team Gala 2016	
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	
Freddie Wilson (11) M					
18.68 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
38.91 S	F	50 Free	05/06/2016	Amman Valley Open Meet 2016	
1:23.81 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016	
3:01.09 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	
22.38 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
49.15 S	F	50 Back	26/09/2015	Pembrokeshire County Championships 2015	
1:53.77 S	F	100 Back	22/03/2015	West Wales Region 'No Time' Gala 2015	
25.81 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
1:50.16 S	F	100 Breast	25/11/2016	West Wales Sub Regional Competition 2016	
22.46 S	F	25 Fly	06/06/2015	Dyfed Junior Challenge	
22.46 S	F	25 Fly	11/12/2015	Pembroke & District 41st Annual Championships	
46.91 S	F	50 Fly	26/09/2015	Pembrokeshire County Championships 2015	
1:47.47 S	F	100 IM	11/12/2015	Pembroke & District 41st Annual Championships	
3:24.05 S	F	200 IM	25/11/2016	West Wales Sub Regional Competition 2016	
Jayden Wilson (10) F					
21.19 S	F	25 Free	11/12/2015	Pembroke & District 41st Annual Championships	
44.68 S	F	50 Free	07/05/2017	Amman Valley Open Meet 2017	
1:46.75 S	F	100 Free	24/09/2016	Pembrokeshire County Championships 2016	
3:42.23 S	F	200 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
23.94 S	F	25 Back	11/12/2015	Pembroke & District 41st Annual Championships	
50.93 S	F	50 Back	07/05/2017	Amman Valley Open Meet 2017	
32.16 S	F	25 Breast	11/12/2015	Pembroke & District 41st Annual Championships	
57.21 S	F	50 Breast	07/05/2017	Amman Valley Open Meet 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	
4:56.53 S	F	200 IM	26/07/2015	Pembroke & District Summer Long Distance 2015	
Tayla Wilson (13) F					
22.67 S	F	25 Free	30/11/2012	Pembroke & District 38th Annual Championships	
31.74 S L	F	50 Free	03/02/2017	West Wales Regionals 2017	
1:08.87 S	F	100 Free	25/11/2016	West Wales Sub Regional Competition 2016	
2:31.98 S	F	200 Free	25/11/2016	West Wales Sub Regional Competition 2016	

Individual Top Times
Show Short Course Only

Time	P/F/S	Event			
Tayla Wilson (13) F					
5:34.05 S	F	400 Free	21/07/2017	Pembroke & District Summer Long Distance 2017	
11:40.33 S	F	800 Free	29/01/2016	West Wales Regionals 2016	
21.95 S	F	25 Back	30/11/2012	Pembroke & District 38th Annual Championships	
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	
3:14.79 S	F	200 Fly	20/03/2016	West Wales Region 'No Time' Gala 2016	
1:20.87 S	F	100 IM	09/12/2016	Pembroke & District 42nd Annual Championships	
2:44.65 S	F	200 IM	03/02/2017	West Wales Regionals 2017	
5:57.06 S	F	400 IM	07/05/2017	Amman Valley Open Meet 2017	