

## Individual Top Times

### Aberystwyth sc [ABRY]

Time	P/F/S	Event			
<b>Nathan Burrell (12) M (Yr: 7)</b>					
19.87 S	F	25 Free	16/04/2006	GALA TIME TRIAL	
38.96 S	F	50 Free	20/09/2008	50M SPRINT	
1:24.78 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:11.12 S	P	200 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
8:20.88 S	F	400 Free	05/11/2005	ADASC LONG COURSE	
13:07.70 S	F	800 Free	12/12/2008	ADASC	
23.15 S	F	25 Back	18/11/2006	HSBC 5th. Junior Sprint Meet	
44.34 S	F	50 Back	20/09/2008	50M SPRINT	
1:34.34 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
22.71 S	F	25 Breast	23/09/2006	LLANELLI JUNIOR GALA	
44.97 S	F	50 Breast	20/09/2008	50M SPRINT	
1:39.42 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:32.30 S	P	200 Breast	12/10/2008	Ceredigion Championships	
22.59 S	F	25 Fly	18/11/2006	HSBC 5th. Junior Sprint Meet	
47.38 S	F	50 Fly	02/11/2007	ADASC SC Championships	
1:52.86 S	F	100 Fly	14/10/2007	ceredigion championships	
1:32.26 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:27.71 S	F	200 IM	08/03/2008	Llanelli ASC - Open Meet 2008	
7:08.87 S	F	400 IM	03/05/2008	5th Spring Meet Level 1	
7:29.11 L	F	400 IM	31/07/2008	Welsh Summer Nationals	
<b>Siwan Burrell (10) F (Yr: 6)</b>					
20.46 S	P	25 Free	20/10/2007	Junior Open Meet 2007	
45.05 S	P	50 Free	08/03/2008	Llanelli ASC - Open Meet 2008	
1:49.27 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:52.59 S	P	200 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
16:50.25 S	F	800 Free	12/12/2008	ADASC	
25.52 S	P	25 Back	20/10/2007	Junior Open Meet 2007	
54.74 S	F	50 Back	20/09/2008	50M SPRINT	
1:56.38 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
4:16.22 S	P	200 Back	09/02/2008	West Wales Champs 2008 - Individual Events	
26.62 S	P	25 Breast	20/10/2007	Junior Open Meet 2007	
55.80 S	F	50 Breast	20/09/2008	50M SPRINT	
1:57.08 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
4:59.32 S	F	200 Breast	30/06/2007	ADASC SUMMER TIME TRIAL	
33.95 S	F	25 Fly	02/11/2007	ADASC SC Championships	
1:08.72 S	F	50 Fly	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
2:03.46 S	F	100 IM	08/03/2008	Llanelli ASC - Open Meet 2008	
4:31.46 S	F	200 IM	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
<b>Chelsey Cody (11) F</b>					
35.85 L	F	50 Free	18/10/2008	avalon autumn	
1:14.59 S	F	100 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
1:20.37 L	F	100 Free	18/10/2008	avalon autumn	
2:39.59 S	F	200 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
2:51.63 L	F	200 Free	18/10/2008	avalon autumn	
11:35.75 S	F	800 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
12:46.97 L	F	800 Free	31/07/2008	Welsh Summer Nationals	
23:37.52 S	F	1500 Free	15/11/2008	West Wales Sub Regional Competition 2008	
44.01 L	F	50 Back	18/10/2008	avalon autumn	
1:27.39 S	F	100 Back	04/10/2008	Llanelli ASC Autumn Meet 2008	
1:31.64 L	F	100 Back	18/10/2008	avalon autumn	
3:03.29 S	F	200 Back	06/02/2009	West Wales Champs 2009 - Individual Events	
3:10.33 L	F	200 Back	31/07/2008	Welsh Summer Nationals	
45.23 L	F	50 Breast	18/10/2008	avalon autumn	
1:36.86 S	F	100 Breast	06/02/2009	West Wales Champs 2009 - Individual Events	
1:38.29 L	F	100 Breast	18/10/2008	avalon autumn	
3:26.59 S	F	200 Breast	06/02/2009	West Wales Champs 2009 - Individual Events	
3:32.12 L	F	200 Breast	18/10/2008	avalon autumn	
42.06 S	F	50 Fly	04/10/2008	Llanelli ASC Autumn Meet 2008	
43.00 L	F	50 Fly	18/10/2008	avalon autumn	
1:29.83 S	F	100 Fly	06/02/2009	West Wales Champs 2009 - Individual Events	
1:37.63 L	F	100 Fly	18/10/2008	avalon autumn	
3:39.99 L	F	200 Fly	18/10/2008	avalon autumn	
3:46.83 S	F	200 Fly	15/11/2008	West Wales Sub Regional Competition 2008	
1:29.25 S	F	100 IM	04/10/2008	Llanelli ASC Autumn Meet 2008	

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Time	P/F/S	Event			
<b>Chelsey Cody (11) F</b>					
3:03.75 S	F	200	IM	06/02/2009	West Wales Champs 2009 - Individual Events
3:08.10 L	F	200	IM	18/10/2008	avalon autumn
6:29.63 S	F	400	IM	06/02/2009	West Wales Champs 2009 - Individual Events
<b>Maeve Courtier Lilley (7) F</b>					
23.66 S	F	25	Free	21/03/2009	TIME TRIALS.SPRING
57.59 S	F	50	Free	21/03/2009	TIME TRIALS.SPRING
27.47 S	F	25	Back	21/03/2009	TIME TRIALS.SPRING
1:00.31 S	F	50	Back	21/03/2009	TIME TRIALS.SPRING
33.63 S	F	25	Breast	21/03/2009	TIME TRIALS.SPRING
1:15.50 S	F	50	Breast	21/03/2009	TIME TRIALS.SPRING
28.56 S	F	25	Fly	21/03/2009	TIME TRIALS.SPRING
<b>Teilo Courtier Lilley (9) M</b>					
17.39 S	F	25	Free	21/03/2009	TIME TRIALS.SPRING
42.95 S	F	50	Free	05/12/2008	ADASC CHAMPIONSHIPS 2008
1:40.36 S	F	100	Free	21/03/2009	TIME TRIALS.SPRING
3:38.28 S	P	200	Free	12/10/2008	Ceredigion Championships
23.70 S	F	25	Back	21/03/2009	TIME TRIALS.SPRING
48.89 S	P	50	Back	12/10/2008	Ceredigion Championships
26.09 S	F	25	Breast	21/03/2009	TIME TRIALS.SPRING
55.66 S	P	50	Breast	07/03/2009	Llanelli ASC - Open Meet 2009
21.26 S	F	25	Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008
46.92 S	P	50	Fly	07/03/2009	Llanelli ASC - Open Meet 2009
1:42.04 S	F	100	IM	07/03/2009	Llanelli ASC - Open Meet 2009
<b>Megan Dafis (12) F (Yr: 8)</b>					
20.38 S	F	25	Free	27/04/2008	Time Trial
45.40 S	F	50	Free	24/05/2008	spring time trials
1:39.80 S	F	100	Free	17/10/2008	OCTOBER SPRINT
30.19 S	F	25	Back	27/04/2008	Time Trial
54.42 S	F	50	Back	17/10/2008	OCTOBER SPRINT
27.70 S	F	25	Breast	27/04/2008	Time Trial
1:04.31 S	F	50	Breast	27/04/2008	Time Trial
1:53.45 S	F	100	Breast	12/10/2008	Ceredigion Championships
3:58.28 S	P	200	Breast	12/10/2008	Ceredigion Championships
<b>Cerian Davies (15) F (Yr: 11)</b>					
17.13 S	F	25	Free	31/08/2005	P.B.
30.17 L	P	50	Free	09/01/2009	Swim Wales New Year Dragon Meet
30.43 S	F	50	Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints
1:03.06 S	F	100	Free	05/12/2008	ADASC CHAMPIONSHIPS 2008
1:04.05 L	F	100	Free	16/05/2008	Swim Swansea Long Course 2008
2:16.81 L	F	200	Free	16/05/2008	Swim Swansea Long Course 2008
2:20.44 S	F	200	Free	14/10/2006	Ceredigion Championships
4:39.99 L	F	400	Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals
4:43.69 S	F	400	Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints
9:33.14 L	F	800	Free	20/02/2009	Celtic Tri Nations
10:18.03 S	F	800	Free	11/02/2006	West Wales Champs 2006 - Individual Events
18:08.47 L	F	1500	Free	09/01/2009	Swim Wales New Year Dragon Meet
18:09.19 S	F	1500	Free	12/12/2008	ADASC
20.38 S	F	25	Back	31/08/2005	P.B.
35.95 L	F	50	Back	20/10/2007	Avallon Open Meet
39.19 S	F	50	Back	31/08/2005	P.B.
1:11.20 S	F	100	Back	05/12/2008	ADASC CHAMPIONSHIPS 2008
1:15.18 L	F	100	Back	14/12/2007	Plymouth Leander December Long Course 2007
2:34.09 S	F	200	Back	14/10/2007	ceredigion championships
2:35.18 L	F	200	Back	20/03/2008	Welsh Age Group & Youth Championship
18.84 S	F	25	Breast	16/04/2005	DYFED JUNIOR LEAGUE
18.84 S	F	25	Breast	31/08/2005	P.B.
37.41 L	F	50	Breast	20/10/2007	Avallon Open Meet
39.51 S	F	50	Breast	26/05/2006	BS BARRACUDAS NRG OPEN MEET 2006
1:19.37 S	F	100	Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008
1:20.46 L	P	100	Breast	12/01/2007	Swim Wales New Year Dragon Meet
2:47.20 S	F	200	Breast	14/10/2007	ceredigion championships
2:53.30 L	F	200	Breast	20/10/2007	Avallon Open Meet
16.43 S	F	25	Fly	31/08/2005	P.B.
16.43 S	F	25	Fly	16/04/2005	DYFED JUNIOR LEAGUE
31.34 L	F	50	Fly	26/01/2008	Burns Meet

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Time	P/F/S	Event			
<b>Cerian Davies (15) F (Yr: 11)</b>					
33.72 S S	F	50 Fly	15/02/2007	West Wales Champs 2007 - Individual Events	
1:05.52 L	F	100 Fly	28/07/2008	ASA NATIONALS	
1:06.44 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
2:18.91 L	F	200 Fly	28/07/2008	ASA NATIONALS	
2:29.25 S	F	200 Fly	14/10/2006	Ceredigion Championships	
1:10.05 S	F	100 IM	02/11/2007	ADASC SC Championships	
2:27.24 L	F	200 IM	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:30.00 S	F	200 IM	01/11/2007	URDD	
5:09.63 L	F	400 IM	09/01/2009	Swim Wales New Year Dragon Meet	
5:12.78 S	F	400 IM	15/02/2007	West Wales Champs 2007 - Individual Events	
<b>Tirion Davies (12) F (Yr: 7)</b>					
17.50 S	F	25 Free	04/11/2006	Neath & Neath Valley Open Meet	
34.43 L	F	50 Free	18/10/2008	avalon autumn	
36.15 S	F	50 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
1:11.86 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:13.75 L	F	100 Free	18/10/2008	avalon autumn	
2:38.25 L	F	200 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:44.73 S	P	200 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
5:26.99 L	F	400 Free	18/10/2008	avalon autumn	
5:34.96 S	P	400 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
11:10.27 L	F	800 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
11:28.76 S	F	800 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
20:29.46 S	F	1500 Free	12/12/2008	ADASC	
21:33.50 L	F	1500 Free	31/07/2008	Welsh Summer Nationals	
20.43 S	F	25 Back	21/10/2006	Junior Open Meet 2006	
40.81 L	F	50 Back	18/10/2008	avalon autumn	
44.22 S S	F	50 Back	15/02/2007	West Wales Champs 2007 - Individual Events	
1:24.21 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:27.81 L	F	100 Back	18/10/2008	avalon autumn	
3:02.71 L	F	200 Back	18/10/2008	avalon autumn	
3:07.37 S	P	200 Back	09/02/2008	West Wales Champs 2008 - Individual Events	
22.57 S	F	25 Breast	21/10/2006	Junior Open Meet 2006	
44.51 S	F	50 Breast	19/01/2008	URDD National Gala 2008 Junior	
46.70 L	F	50 Breast	18/10/2008	avalon autumn	
1:34.05 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:37.56 L	F	100 Breast	18/10/2008	avalon autumn	
3:27.32 L	F	200 Breast	18/10/2008	avalon autumn	
3:30.45 S	P	200 Breast	09/02/2008	West Wales Champs 2008 - Individual Events	
21.05 S	F	25 Fly	04/11/2006	Neath & Neath Valley Open Meet	
38.17 L	F	50 Fly	18/10/2008	avalon autumn	
41.72 S	P	50 Fly	02/11/2007	ADASC SC Championships	
1:30.30 L	F	100 Fly	18/10/2008	avalon autumn	
1:31.65 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:56.46 S	F	200 Fly	01/12/2007	Ceredigion Champsession £ & \$	
1:23.29 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
2:54.78 S	P	200 IM	24/01/2009	Urdd National Gala	
3:00.76 L	F	200 IM	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
6:16.23 L	F	400 IM	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
6:36.73 S	F	400 IM	09/02/2008	West Wales Champs 2008 - Individual Events	
<b>Nansi Dingle (9) F</b>					
21.96 S	F	25 Free	27/04/2008	Time Trial	
42.22 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
1:59.94 S	F	100 Free	30/06/2007	ADASC SUMMER TIME TRIAL	
3:42.80 S	P	200 Free	12/10/2008	Ceredigion Championships	
7:37.32 S	F	400 Free	12/12/2008	ADASC	
24.42 S	F	25 Back	27/04/2008	Time Trial	
50.12 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
25.38 S	P	25 Breast	24/01/2009	Urdd National Gala	
53.73 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
2:02.06 S	F	100 Breast	21/03/2009	TIME TRIALS.SPRING	
4:51.20 S	F	200 Breast	03/02/2008	ADASC WINTER TIME TRIAL	
22.05 S	F	25 Fly	19/01/2008	URDD National Gala 2008 Junior	
51.24 S	P	50 Fly	07/03/2009	Llanelli ASC - Open Meet 2009	
1:43.42 S	F	100 IM	07/03/2009	Llanelli ASC - Open Meet 2009	
<b>Ruth Dingle (13) F (Yr: 8)</b>					

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Ruth Dingle (13) F (Yr: 8)</b>					
19.04 S	F	25 Free	12/02/2006	ADASC TIME TRIAL	
38.95 S	F	50 Free	17/10/2008	OCTOBER SPRINT	
1:25.09 S	F	100 Free	24/05/2008	spring time trials	
3:07.41 S	F	200 Free	15/11/2008	West Wales Sub Regional Competition 2008	
6:44.61 S	F	400 Free	20/10/2007	Junior Open Meet 2007	
14:09.93 S	F	800 Free	03/11/2007	ADASC LC Championships	
24.19 S	F	25 Back	12/02/2006	ADASC TIME TRIAL	
46.58 S	T	50 Back	15/12/2006	ADASC TIME TRIALS	
1:38.21 S	F	100 Back	30/06/2007	ADASC SUMMER TIME TRIAL	
3:34.05 S	F	200 Back	03/02/2008	ADASC WINTER TIME TRIAL	
22.00 S	F	25 Breast	25/03/2006	dyfed junior league	
45.03 S	F	50 Breast	24/05/2008	spring time trials	
1:37.80 S	P	100 Breast	07/03/2009	Llanelli ASC - Open Meet 2009	
3:25.59 S	F	200 Breast	15/11/2008	West Wales Sub Regional Competition 2008	
21.39 S	F	25 Fly	25/03/2006	dyfed junior league	
49.00 S	F	50 Fly	24/03/2007	ADASC GALA TIME TRIAL	
1:47.73 S	F	100 Fly	14/10/2007	ceredigion championships	
1:33.20 S	F	100 IM	20/10/2007	Junior Open Meet 2007	
3:20.56 S	F	200 IM	07/03/2009	Llanelli ASC - Open Meet 2009	
<b>Lowri Donnelly (12) F (Yr: 7)</b>					
16.10 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
34.41 S	F	50 Free	04/10/2008	Llanelli ASC Autumn Meet 2008	
1:17.82 S	P	100 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
2:49.49 S	P	200 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
5:48.98 S	F	400 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
14:17.63 S	F	800 Free	03/11/2007	ADASC LC Championships	
20.12 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
42.67 S	P	50 Back	18/10/2008	Junior Open Meet 2008	
1:29.82 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
20.75 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
46.27 S	F	50 Breast	18/10/2008	Junior Open Meet 2008	
1:37.67 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:26.69 S	P	200 Breast	06/02/2009	West Wales Champs 2009 - Individual Events	
19.56 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
47.12 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING	
1:42.67 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:26.92 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:11.21 S	P	200 IM	06/02/2009	West Wales Champs 2009 - Individual Events	
<b>Teleri Donnelly (17) F (Yr: 12)</b>					
15.91 S	F	25 Free	16/04/2006	GALA TIME TRIAL	
33.83 S	T	50 Free	15/12/2006	ADASC TIME TRIALS	
1:12.44 S	F	100 Free	14/10/2007	ceredigion championships	
2:36.30 S	F	200 Free	01/12/2007	Ceredigion Champssession £ & \$	
6:01.84 S	F	400 Free	31/08/2005	P.B.	
19.69 S	F	25 Back	16/04/2006	GALA TIME TRIAL	
39.85 S	T	50 Back	15/12/2006	ADASC TIME TRIALS	
1:20.17 S	P	100 Back	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:20.17 S	F	100 Back	18/03/2006	DYFED LEAGUE	
2:49.77 S	F	200 Back	14/10/2007	ceredigion championships	
20.71 S	F	25 Breast	05/03/2006	TIME.TRIAL	
43.89 S	T	50 Breast	15/12/2006	ADASC TIME TRIALS	
1:30.40 S	F	100 Breast	02/11/2007	ADASC SC Championships	
2:38.37 S	F	200 Breast	31/08/2005	P.B.	
21.20 S	F	25 Fly	31/08/2005	P.B.	
39.00 S	F	50 Fly	28/05/2006	GALA TIME TRIAL	
1:27.28 S	F	100 Fly	02/11/2007	ADASC SC Championships	
1:20.39 S	F	100 IM	02/11/2007	ADASC SC Championships	
2:48.59 S	F	200 IM	01/12/2007	Ceredigion Champssession £ & \$	
<b>Cai Elgood (10) M (Yr: 6)</b>					
19.57 S	F	25 Free	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
41.99 S	P	50 Free	12/10/2008	Ceredigion Championships	
1:43.77 S	F	100 Free	17/10/2008	OCTOBER SPRINT	
4:08.02 S	F	200 Free	03/02/2008	ADASC WINTER TIME TRIAL	
23.97 S	F	25 Back	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
50.38 S	F	50 Back	20/09/2008	50M SPRINT	

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Cai Elgood (10) M (Yr: 6)</b>					
1:51.11 S	P	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
25.01 S	F	25 Breast	15/09/2007	Tri Gala 2007	
52.14 S	P	50 Breast	24/01/2009	Urdd National Gala	
1:51.94 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
4:15.58 S	F	200 Breast	03/02/2008	ADASC WINTER TIME TRIAL	
21.73 S	F	25 Fly	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
50.14 S	P	50 Fly	12/10/2008	Ceredigion Championships	
1:47.48 S	F	100 IM	14/06/2008	Cath Ankers Meet 2008	
<b>Rhys Elgood (14) M (Yr: 10)</b>					
16.39 S	F	25 Free	05/03/2006	TIME.TRIAL	
33.73 S	F	50 Free	17/10/2008	OCTOBER SPRINT	
37.72 L S	P	50 Free	04/08/2006	Welsh Regional Nationals 2006	
1:11.58 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:20.95 L	P	100 Free	04/08/2006	Welsh Regional Nationals 2006	
3:23.24 S	P	200 Free	12/02/2005	West Wales Champs 2005 - Indiv	
20.80 S	F	25 Back	05/03/2006	TIME.TRIAL	
41.97 S	F	50 Back	28/05/2006	GALA TIME TRIAL	
1:29.62 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
24.86 S	F	25 Breast	05/03/2006	TIME.TRIAL	
55.90 S	F	50 Breast	04/02/2006	DYFED LEAGUE	
1:45.15 S	F	100 Breast	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
17.18 S	F	25 Fly	25/06/2006	DYFED JUNIOR LEAGUE FINAL	
38.36 S	F	50 Fly	17/10/2008	OCTOBER SPRINT	
41.19 L S	P	50 Fly	04/08/2006	Welsh Regional Nationals 2006	
1:23.95 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:32.93 L	P	100 Fly	04/08/2006	Welsh Regional Nationals 2006	
3:21.95 S	F	200 Fly	24/03/2007	ADASC GALA TIME TRIAL	
1:22.74 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:21.56 S	F	200 IM	29/09/2006	ADASC GALA TIME TRIALS	
<b>Julia Ellis (11) F</b>					
23.22 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
54.06 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
23.56 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
56.09 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
30.87 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:06.03 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
2:19.25 S	F	100 Breast	21/03/2009	TIME TRIALS.SPRING	
31.97 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Rhys Evans (11) M</b>					
45.38 S	F	50 Free	20/09/2008	50M SPRINT	
1:49.18 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
16:12.52 S	F	800 Free	12/12/2008	ADASC	
53.57 S	F	50 Back	20/09/2008	50M SPRINT	
1:55.14 S	P	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:05.50 S	F	50 Breast	20/09/2008	50M SPRINT	
2:16.82 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:00.56 S	P	50 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:49.82 S	P	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Max Glasser (10) M</b>					
19.82 S	F	25 Free	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
39.88 S	P	50 Free	12/10/2008	Ceredigion Championships	
1:38.10 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:18.65 S	P	200 Free	12/10/2008	Ceredigion Championships	
14:56.93 S	F	800 Free	12/12/2008	ADASC	
21.65 S	F	25 Back	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
49.27 S	P	50 Back	12/10/2008	Ceredigion Championships	
1:42.73 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
26.39 S	F	25 Breast	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
54.61 S	P	50 Breast	12/10/2008	Ceredigion Championships	
1:59.80 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
22.75 S	F	25 Fly	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
44.53 S	P	50 Fly	07/03/2009	Llanelli ASC - Open Meet 2009	
1:45.16 S	P	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Rebecca Glasser (8) F</b>					

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Rebecca Glasser (8) F</b>					
23.32 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
58.25 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
28.03 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
59.52 S	F	50 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
31.56 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:11.44 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
2:32.50 S	F	100 Breast	21/03/2009	TIME TRIALS.SPRING	
34.56 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Cari Harries (11) F (Yr: 7)</b>					
17.13 S	F	25 Free	23/09/2006	THREE COUNTY GALA	
33.79 L	F	50 Free	18/10/2008	avalon autumn	
35.83 S	F	50 Free	14/10/2007	ceredigion championships	
1:10.34 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:12.08 L	F	100 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:33.16 L	F	200 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:49.83 S	P	200 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
5:16.69 L	F	400 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
6:29.18 S	F	400 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
11:02.00 L	F	800 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
12:26.67 S	P	800 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
20:45.06 S	F	1500 Free	12/12/2008	ADASC	
21:33.14 L	F	1500 Free	31/07/2008	Welsh Summer Nationals	
22.48 S	F	25 Back	16/04/2005	DYFED JUNIOR LEAGUE	
22.48 S	F	25 Back	31/08/2005	P.B.	
40.74 L	F	50 Back	18/10/2008	avalon autumn	
45.67 S	F	50 Back	14/10/2007	ceredigion championships	
1:23.01 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:26.09 L	F	100 Back	18/10/2008	avalon autumn	
3:10.94 L	F	200 Back	18/10/2008	avalon autumn	
3:19.82 S	P	200 Back	09/02/2008	West Wales Champs 2008 - Individual Events	
24.78 S	F	25 Breast	04/11/2006	Neath & Neath Valley Open Meet	
49.61 L	F	50 Breast	18/10/2008	avalon autumn	
52.32 S	F	50 Breast	01/12/2007	Ceredigion Champssession £ & \$	
1:39.23 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:42.48 L	F	100 Breast	18/10/2008	avalon autumn	
3:29.21 L	F	200 Breast	18/10/2008	avalon autumn	
3:51.58 S	F	200 Breast	03/02/2008	ADASC WINTER TIME TRIAL	
20.35 S	P	25 Fly	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
20.35 S	F	25 Fly	23/09/2006	THREE COUNTY GALA	
39.21 S	F	50 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
40.28 L	F	50 Fly	18/10/2008	avalon autumn	
1:27.07 S	P	100 Fly	24/01/2009	Urdd National Gala	
1:27.11 L	F	100 Fly	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
3:12.24 L	F	200 Fly	18/10/2008	avalon autumn	
3:43.90 S	F	200 Fly	01/12/2007	Ceredigion Champssession £ & \$	
1:23.63 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:01.93 L	F	200 IM	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
3:31.96 S	F	200 IM	16/06/2007	Welsh Short Course Spring Qualifier	
6:19.04 L	F	400 IM	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
6:53.58 S	F	400 IM	09/02/2008	West Wales Champs 2008 - Individual Events	
<b>Joshua Harries (16) M</b>					
25.15 S	F	50 Free	26/05/2006	BS BARRACUDAS NRG OPEN MEET 2006	
26.57 L	P	50 Free	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
55.96 S	P	100 Free	01/11/2007	URDD	
57.06 L	F	100 Free	23/11/2007	Welsh Schools Championships 2007	
2:00.73 L	F	200 Free	20/10/2007	Avallon Open Meet	
2:01.27 S	P	200 Free	15/02/2007	West Wales Champs 2007 - Individual Events	
4:07.21 S	F	400 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
4:12.40 L	F	400 Free	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
8:33.91 S	F	800 Free	15/02/2007	West Wales Champs 2007 - Individual Events	
8:40.89 L	F	800 Free	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
16:25.07 S	F	1500 Free	03/11/2007	ADASC LC Championships	
16:37.48 L	F	1500 Free	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
32.70 S S	F	50 Back	15/02/2007	West Wales Champs 2007 - Individual Events	
33.46 L	F	50 Back	21/10/2006	AVALON OPEN MEET 06	

## Individual Top Times

Time	P/F/S	Event			
<b>Joshua Harries (16) M</b>					
1:06.82 S	F	100 Back	15/02/2007	West Wales Champs 2007 - Individual Events	
1:06.82 S	F	100 Back	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:09.19 L	F	100 Back	20/10/2007	Avallon Open Meet	
2:15.88 S	F	200 Back	14/10/2007	ceredigion championships	
2:24.81 L	F	200 Back	20/10/2007	Avallon Open Meet	
36.82 L	F	50 Breast	20/10/2007	Avallon Open Meet	
37.00 S S	P	50 Breast	15/02/2007	West Wales Champs 2007 - Individual Events	
1:16.37 S	F	100 Breast	15/02/2007	West Wales Champs 2007 - Individual Events	
1:18.68 L	P	100 Breast	12/01/2007	Swim Wales New Year Dragon Meet	
2:38.27 S	F	200 Breast	14/10/2007	ceredigion championships	
2:43.21 L	F	200 Breast	20/10/2007	Avallon Open Meet	
29.48 L	F	50 Fly	20/10/2007	Avallon Open Meet	
30.76 S S	P	50 Fly	15/02/2007	West Wales Champs 2007 - Individual Events	
1:02.44 S	F	100 Fly	14/10/2007	ceredigion championships	
1:03.83 L	F	100 Fly	23/11/2007	Welsh Schools Championships 2007	
2:19.01 S	F	200 Fly	15/02/2007	West Wales Champs 2007 - Individual Events	
2:19.03 L	F	200 Fly	20/10/2007	Avallon Open Meet	
1:06.90 S	F	100 IM	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
2:19.19 L	F	200 IM	23/11/2007	Welsh Schools Championships 2007	
2:19.34 S	F	200 IM	15/02/2007	West Wales Champs 2007 - Individual Events	
4:49.36 S	F	400 IM	15/02/2007	West Wales Champs 2007 - Individual Events	
4:50.33 L	F	400 IM	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
<b>Lauren Harries (15) F (Yr: 10)</b>					
15.25 S	F	25 Free	31/08/2005	P.B.	
15.25 S	F	25 Free	16/04/2005	DYFED JUNIOR LEAGUE	
30.01 L	F	50 Free	20/03/2008	Welsh Age Group & Youth Championship	
30.15 S	F	50 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
1:03.11 S	F	100 Free	02/11/2007	ADASC SC Championships	
1:04.14 L	F	100 Free	20/03/2008	Welsh Age Group & Youth Championship	
2:17.90 S	F	200 Free	16/06/2007	Welsh Short Course Spring Qualifier	
2:18.72 L	F	200 Free	20/03/2008	Welsh Age Group & Youth Championship	
4:47.51 S	F	400 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
4:54.21 L	F	400 Free	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
10:05.79 S	F	800 Free	16/06/2007	Welsh Short Course Spring Qualifier	
10:06.16 L	F	800 Free	31/07/2008	Welsh Summer Nationals	
19:06.78 S	F	1500 Free	03/11/2007	ADASC LC Championships	
19:29.55 L	F	1500 Free	02/08/2007	Welsh Summer Nationals	
17.89 S	F	25 Back	31/08/2005	P.B.	
17.89 S	F	25 Back	16/04/2005	DYFED JUNIOR LEAGUE	
34.55 S S	F	50 Back	15/02/2007	West Wales Champs 2007 - Individual Events	
34.64 L S	F	50 Back	02/08/2007	Welsh Summer Nationals	
1:08.73 S	F	100 Back	02/11/2007	ADASC SC Championships	
1:10.60 L	F	100 Back	02/08/2007	Welsh Summer Nationals	
2:25.97 S	F	200 Back	16/06/2007	Welsh Short Course Spring Qualifier	
2:29.26 L	F	200 Back	22/07/2005	British Age Groups and Youth Championships	
21.85 S	F	25 Breast	31/08/2005	P.B.	
41.82 L	F	50 Breast	20/10/2007	Avallon Open Meet	
42.19 S S	P	50 Breast	15/02/2007	West Wales Champs 2007 - Individual Events	
1:22.83 S	F	100 Breast	02/11/2007	ADASC SC Championships	
1:27.79 L	P	100 Breast	12/01/2007	Swim Wales New Year Dragon Meet	
2:53.81 S	F	200 Breast	14/10/2007	ceredigion championships	
3:04.25 L	P	200 Breast	12/01/2007	Swim Wales New Year Dragon Meet	
18.59 S	F	25 Fly	31/08/2005	P.B.	
33.77 L	F	50 Fly	18/10/2008	avalon autumn	
33.95 S	F	50 Fly	08/04/2006	dyfed league final	
1:12.97 S	F	100 Fly	02/11/2007	ADASC SC Championships	
1:14.30 L	F	100 Fly	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:40.41 L	F	200 Fly	21/11/2008	Welsh Schools and Swim Wales Winter Nationals	
2:45.30 S	F	200 Fly	26/05/2006	BS BARRACUDAS NRG OPEN MEET 2006	
1:11.44 S	F	100 IM	02/11/2007	ADASC SC Championships	
2:30.95 S	F	200 IM	16/06/2007	Welsh Short Course Spring Qualifier	
2:34.34 L	F	200 IM	20/03/2008	Welsh Age Group & Youth Championship	
5:22.14 S	F	400 IM	16/06/2007	Welsh Short Course Spring Qualifier	
5:27.40 L	F	400 IM	31/07/2008	Welsh Summer Nationals	
<b>Steffan Herdman (9) M</b>					

### Individual Top Times

Time	P/F/S	Event		
<b>Steffan Herdman (9) M</b>				
18.81 S	P	25 Free	19/01/2008	URDD National Gala 2008 Junior
18.81 S	F	25 Free	09/02/2008	Aquatic Pentathlon and Club Relays 2008
40.60 S	F	50 Free	12/07/2008	LEVEL 3 MEET
1:29.94 S	F	100 Free	04/10/2008	Llanelli ASC Autumn Meet 2008
3:17.81 S	P	200 Free	06/02/2009	West Wales Champs 2009 - Individual Events
7:13.59 S	F	400 Free	12/12/2008	ADASC
23.35 S	F	25 Back	09/02/2008	Aquatic Pentathlon and Club Relays 2008
46.70 S	F	50 Back	20/09/2008	50M SPRINT
1:43.22 S	F	100 Back	15/11/2008	West Wales Sub Regional Competition 2008
25.63 S	P	25 Breast	19/01/2008	URDD National Gala 2008 Junior
54.28 S	F	50 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008
1:59.93 S	P	100 Breast	06/02/2009	West Wales Champs 2009 - Individual Events
4:14.95 S	F	200 Breast	15/11/2008	West Wales Sub Regional Competition 2008
20.97 S	F	25 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008
56.50 S	P	50 Fly	10/05/2008	SVSC JUNIOR OPEN MEET
1:45.32 S	F	100 IM	05/07/2008	TORFAEN SPRINT MEET
3:36.48 S	P	200 IM	06/02/2009	West Wales Champs 2009 - Individual Events
<b>Mark Howard (13) M (Yr: 8)</b>				
18.06 S	F	25 Free	13/05/2006	DYFED JUNIOR LEAGUE
36.18 S	F	50 Free	07/07/2007	Junior Inter County Gala
1:19.57 S	P	100 Free	01/11/2007	URDD
25.60 S	F	25 Back	25/03/2006	dyfed junior league
52.63 S	F	50 Back	28/05/2006	GALA TIME TRIAL
1:53.88 S	F	100 Back	29/09/2006	ADASC GALA TIME TRIALS
31.31 S	F	25 Breast	12/02/2006	ADASC TIME TRIAL
25.38 S	F	25 Fly	28/05/2006	GALA TIME TRIAL
1:50.89 S	P	100 IM	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS
<b>Catrin Hughes (12) F (Yr: 7)</b>				
17.88 S	F	25 Free	18/11/2006	HSBC 5th. Junior Sprint Meet
33.80 S	F	50 Free	12/07/2008	LEVEL 3 MEET
1:17.60 S	F	100 Free	12/07/2008	LEVEL 3 MEET
2:55.60 S	P	200 Free	12/10/2008	Ceredigion Championships
8:15.81 S	F	400 Free	05/11/2005	ADASC LONG COURSE
20.67 S	F	25 Back	18/11/2006	HSBC 5th. Junior Sprint Meet
41.54 S	F	50 Back	18/10/2008	Junior Open Meet 2008
1:30.89 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008
24.48 S	F	25 Breast	18/11/2006	HSBC 5th. Junior Sprint Meet
46.24 S	F	50 Breast	12/07/2008	LEVEL 3 MEET
1:40.44 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008
20.76 S	F	25 Fly	18/11/2006	HSBC 5th. Junior Sprint Meet
46.28 S	P	50 Fly	20/10/2007	Junior Open Meet 2007
1:27.84 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:32.55 S	F	200 IM	14/10/2007	ceredigion championships
<b>Sion Hughes (13) M (Yr: 9)</b>				
39.30 S L	P	6 Free	15/10/2005	Junior Open Meet 2005
18.52 S	F	25 Free	19/11/2005	HSBC 4th. Junior Sprint Meet
36.41 S	F	50 Free	24/05/2008	spring time trials
1:22.35 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:03.42 S	P	200 Free	12/10/2008	Ceredigion Championships
7:33.13 S	F	400 Free	15/02/2007	West Wales Champs 2007 - Individual Events
22.43 S	F	25 Back	19/11/2005	HSBC 4th. Junior Sprint Meet
48.59 S	P	50 Back	18/11/2006	HSBC 5th. Junior Sprint Meet
1:37.54 S	P	100 Back	08/03/2008	Llanelli ASC - Open Meet 2008
22.34 S	F	25 Breast	25/06/2006	DYFED JUNIOR LEAGUE FINAL
44.55 S	F	50 Breast	12/07/2008	LEVEL 3 MEET
1:37.47 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:39.04 S	F	200 Breast	08/03/2008	Llanelli ASC - Open Meet 2008
22.16 S	T	25 Fly	15/12/2006	ADASC TIME TRIALS
1:30.26 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008
<b>Glyn James (11) M (Yr: 7)</b>				
16.77 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING
39.22 S	F	50 Free	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS
1:30.09 S	F	100 Free	21/03/2009	TIME TRIALS.SPRING
3:40.64 S	F	200 Free	30/06/2007	ADASC SUMMER TIME TRIAL
8:19.71 S	F	400 Free	05/11/2005	ADASC LONG COURSE

### Individual Top Times

Time	P/F/S	Event			
<b>Glyn James (11) M (Yr: 7)</b>					
22.80 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
47.09 S	F	50 Back	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:44.03 S	P	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
22.39 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
49.45 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
1:46.44 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
19.26 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
43.70 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING	
1:53.27 S	P	100 Fly	24/01/2009	Urdd National Gala	
1:34.19 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Sara James (16) F (Yr: 12)</b>					
19.96 S	F	25 Free	31/08/2005	P.B.	
31.04 S	F	50 Free	01/11/2008	Neath & Nexus Valley Open Meet	
33.06 L S	P	50 Free	02/08/2007	Welsh Summer Nationals	
1:05.36 S	F	100 Free	14/10/2007	ceredigion championships	
1:07.88 L	P	100 Free	02/08/2007	Welsh Summer Nationals	
2:23.30 S	F	200 Free	01/11/2008	Neath & Nexus Valley Open Meet	
2:27.81 L	P	200 Free	04/08/2006	Welsh Regional Nationals 2006	
4:48.24 S	F	400 Free	12/11/2006	Ceredigion Long Distance	
5:01.73 L	F	400 Free	05/04/2007	Welsh Age Group & Youth Championship	
10:25.85 S	F	800 Free	05/11/2005	ADASC LONG COURSE	
10:36.11 L	F	800 Free	04/08/2006	Welsh Regional Nationals 2006	
34.06 S	F	50 Back	10/06/2006	Amman Valley Sprint Meet 2006	
36.70 L S	F	50 Back	19/05/2006	2006 Long Course Open Meet	
1:10.10 S	F	100 Back	14/10/2006	Ceredigion Championships	
1:13.37 L	P	100 Back	12/01/2007	Swim Wales New Year Dragon Meet	
2:28.88 S	F	200 Back	14/10/2006	Ceredigion Championships	
2:37.62 L	P	200 Back	12/01/2007	Swim Wales New Year Dragon Meet	
29.33 S	F	25 Breast	31/08/2005	P.B.	
43.35 S	F	50 Breast	10/06/2006	Amman Valley Sprint Meet 2006	
1:28.13 S	F	100 Breast	14/10/2006	Ceredigion Championships	
34.14 S	F	50 Fly	10/06/2006	Amman Valley Sprint Meet 2006	
34.83 L S	F	50 Fly	05/04/2007	Welsh Age Group & Youth Championship	
1:10.00 S	P	100 Fly	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:10.00 L	P	100 Fly	17/11/2006	Welsh Inter area school	
2:32.68 S	F	200 Fly	14/10/2006	Ceredigion Championships	
2:36.77 L	P	200 Fly	12/01/2007	Swim Wales New Year Dragon Meet	
1:12.46 S	P	100 IM	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
2:36.03 S	F	200 IM	14/10/2006	Ceredigion Championships	
<b>Benjamin Jones (12) M (Yr: 8)</b>					
14.00 S	F	25 Free	05/07/2008	TORFAEN SPRINT MEET	
30.26 L	F	50 Free	09/01/2009	Swim Wales New Year Dragon Meet	
30.56 S	F	50 Free	05/07/2008	TORFAEN SPRINT MEET	
1:04.54 L	P	100 Free	20/02/2009	Celtic Tri Nations	
1:04.65 S	P	100 Free	05/07/2008	TORFAEN SPRINT MEET	
2:19.94 L	P	200 Free	20/02/2009	Celtic Tri Nations	
2:22.74 S	P	200 Free	12/10/2008	Ceredigion Championships	
5:00.27 L	F	400 Free	31/07/2008	Welsh Summer Nationals	
5:05.71 S	F	400 Free	03/05/2008	5th Spring Meet Level 1	
10:23.54 L	F	800 Free	31/07/2008	Welsh Summer Nationals	
10:23.94 S	F	800 Free	12/12/2008	ADASC	
19:20.24 L	F	1500 Free	20/02/2009	Celtic Tri Nations	
21:16.11 S	F	1500 Free	09/02/2008	West Wales Champs 2008 - Individual Events	
19.73 S	F	25 Back	18/11/2006	HSBC 5th. Junior Sprint Meet	
37.32 S	F	50 Back	20/09/2008	50M SPRINT	
38.34 L	F	50 Back	29/11/2008	Welsh Capital Open Meet	
1:19.13 S	P	100 Back	05/07/2008	TORFAEN SPRINT MEET	
1:19.66 L	P	100 Back	20/02/2009	Celtic Tri Nations	
2:55.11 S	P	200 Back	09/02/2008	West Wales Champs 2008 - Individual Events	
3:00.52 L	P	200 Back	20/03/2008	Welsh Age Group & Youth Championship	
20.77 S	F	25 Breast	18/11/2006	HSBC 5th. Junior Sprint Meet	
39.33 L	F	50 Breast	18/10/2008	avalon autumn	
40.37 S	F	50 Breast	05/07/2008	TORFAEN SPRINT MEET	
1:25.32 L	F	100 Breast	09/01/2009	Swim Wales New Year Dragon Meet	
x1:26.09 S	F	100 Breast	14/06/2008	Cath Ankers Meet 2008	

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**Individual Top Times**


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Time	P/F/S	Event		
<b>Benjamin Jones (12) M (Yr: 8)</b>				
3:03.03	L	P	200 Breast	20/02/2009 Celtic Tri Nations
3:06.80	S	F	200 Breast	03/05/2008 5th Spring Meet Level 1
18.81	S	F	25 Fly	18/11/2006 HSBC 5th. Junior Sprint Meet
35.20	S	F	50 Fly	05/07/2008 TORFAEN SPRINT MEET
35.46	L	F	50 Fly	29/11/2008 Welsh Capital Open Meet
1:17.00	L	P	100 Fly	20/02/2009 Celtic Tri Nations
1:18.83	S	F	100 Fly	05/12/2008 ADASC CHAMPIONSHIPS 2008
3:18.63	S	F	200 Fly	03/02/2008 ADASC WINTER TIME TRIAL
1:17.22	S	F	100 IM	05/07/2008 TORFAEN SPRINT MEET
2:40.48	L	P	200 IM	20/02/2009 Celtic Tri Nations
2:46.62	S	F	200 IM	03/05/2008 5th Spring Meet Level 1
5:48.09	S	F	400 IM	15/11/2008 West Wales Sub Regional Competition 2008
6:40.63	L	F	400 IM	02/08/2007 Welsh Summer Nationals
<b>Caryl Jones (15) F (Yr: 10)</b>				
18.74	S	F	25 Free	31/08/2005 P.B.
32.45	S	F	50 Free	11/11/2007 Ceredigion Champs 07 Long Dist & Sprints
35.88	L S	P	50 Free	12/01/2007 Swim Wales New Year Dragon Meet
1:09.36	S	P	100 Free	01/11/2007 URDD
1:11.39	L	P	100 Free	02/08/2007 Welsh Summer Nationals
2:28.70	S	F	200 Free	01/12/2007 Ceredigion Champession £ & \$
2:29.81	L	F	200 Free	29/11/2008 Welsh Capital Open Meet
5:19.23	L	F	400 Free	29/11/2008 Welsh Capital Open Meet
5:19.90	S	F	400 Free	11/11/2007 Ceredigion Champs 07 Long Dist & Sprints
15:07.23	S	F	800 Free	31/08/2005 P.B.
19:54.32	S	F	1500 Free	12/12/2008 ADASC
19:54.32	S	F	1500 Free	12/12/2008 ADASC
21.09	S	F	25 Back	31/08/2005 P.B.
37.98	S	F	50 Back	12/07/2008 LEVEL 3 MEET
41.31	L S	P	50 Back	04/08/2006 Welsh Regional Nationals 2006
1:17.51	S	P	100 Back	24/01/2009 Urdd National Gala
1:25.06	L	P	100 Back	04/08/2006 Welsh Regional Nationals 2006
2:43.11	S	F	200 Back	15/11/2008 West Wales Sub Regional Competition 2008
2:50.87	L	F	200 Back	29/11/2008 Welsh Capital Open Meet
22.12	S	F	25 Breast	31/08/2005 P.B.
50.49	S	F	50 Breast	31/08/2005 P.B.
1:42.46	S	F	100 Breast	24/03/2007 ADASC GALA TIME TRIAL
22.02	S	F	25 Fly	31/08/2005 P.B.
39.46	L S	P	50 Fly	12/01/2007 Swim Wales New Year Dragon Meet
39.51	S S	P	50 Fly	15/02/2007 West Wales Champs 2007 - Individual Events
1:20.92	S	P	100 Fly	24/01/2009 Urdd National Gala
3:00.94	S	F	200 Fly	15/11/2008 West Wales Sub Regional Competition 2008
1:23.38	S	F	100 IM	03/05/2008 5th Spring Meet Level 1
2:54.19	S	F	200 IM	03/05/2008 5th Spring Meet Level 1
2:59.74	L	P	200 IM	02/08/2007 Welsh Summer Nationals
2:59.74	L	P	200 IM	02/08/2007 Welsh Summer Nationals
<b>Ceri Jones (11) F</b>				
1:42.36	S	F	100 Free	05/12/2008 ADASC CHAMPIONSHIPS 2008
<b>Dylan Jones (11) M (Yr: 7)</b>				
20.11	S	F	25 Free	15/02/2007 Aquatic Pentathlon and Club Relays 2007
42.80	S	F	50 Free	20/09/2008 50M SPRINT
1:33.50	S	F	100 Free	24/05/2008 spring time trials
3:25.11	S	P	200 Free	12/10/2008 Ceredigion Championships
15:19.84	S	F	800 Free	12/12/2008 ADASC
24.91	S	T	25 Back	15/12/2006 ADASC TIME TRIALS
48.45	S	F	50 Back	20/09/2008 50M SPRINT
1:43.90	S	P	100 Back	12/10/2008 Ceredigion Championships
3:54.08	S	F	200 Back	03/02/2008 ADASC WINTER TIME TRIAL
33.36	S	T	25 Breast	15/12/2006 ADASC TIME TRIALS
1:05.81	S	F	50 Breast	20/09/2008 50M SPRINT
2:21.58	S	P	100 Breast	12/10/2008 Ceredigion Championships
25.72	S	F	25 Fly	15/02/2007 Aquatic Pentathlon and Club Relays 2007
57.19	S	F	50 Fly	20/09/2008 50M SPRINT
1:56.50	S	F	100 IM	24/05/2008 spring time trials
4:12.66	S	F	200 IM	09/02/2008 Aquatic Pentathlon and Club Relays 2008
<b>Megan Jones (15) F (Yr: 10)</b>				

## Individual Top Times

Time	P/F/S	Event		
<b>Megan Jones (15) F (Yr: 10)</b>				
15.18 S	P	25 Free	05/07/2008	TORFAEN SPRINT MEET
33.01 S	F	50 Free	15/11/2008	West Wales Sub Regional Competition 2008
33.10 L	F	50 Free	29/11/2008	Welsh Capital Open Meet
1:09.97 S	F	100 Free	15/11/2008	West Wales Sub Regional Competition 2008
1:11.56 L	F	100 Free	18/10/2008	avalon autumn
2:31.99 S	F	200 Free	03/05/2008	5th Spring Meet Level 1
2:32.17 L	F	200 Free	18/10/2008	avalon autumn
5:22.08 L	F	400 Free	18/10/2008	avalon autumn
5:28.93 S	F	400 Free	09/02/2008	West Wales Champs 2008 - Individual Events
11:08.86 L	F	800 Free	16/05/2008	Swim Swansea Long Course 2008
11:08.86 L	F	800 Free	16/05/2008	Swim Swansea Long Course 2008
11:51.92 S	F	800 Free	12/12/2008	ADASC
20:39.75 S	F	1500 Free	15/11/2008	West Wales Sub Regional Competition 2008
22:36.04 L	F	1500 Free	02/08/2007	Welsh Summer Nationals
22.75 S	F	25 Back	16/04/2006	GALA TIME TRIAL
39.66 S	F	50 Back	05/07/2008	TORFAEN SPRINT MEET
45.32 L S	P	50 Back	04/08/2006	Welsh Regional Nationals 2006
1:18.66 S	P	100 Back	05/07/2008	TORFAEN SPRINT MEET
1:22.03 L	F	100 Back	29/11/2008	Welsh Capital Open Meet
2:53.37 L	F	200 Back	18/10/2008	avalon autumn
3:04.37 S	P	200 Back	15/02/2007	West Wales Champs 2007 - Individual Events
24.19 S	F	25 Breast	05/03/2006	TIME.TRIAL
45.41 S	F	50 Breast	05/07/2008	TORFAEN SPRINT MEET
47.86 L	F	50 Breast	18/10/2008	avalon autumn
1:36.77 S	F	100 Breast	15/11/2008	West Wales Sub Regional Competition 2008
1:44.15 L	P	100 Breast	18/05/2007	2007 Long Course Open Meet
3:30.08 S	P	200 Breast	09/02/2008	West Wales Champs 2008 - Individual Events
3:36.64 L	P	200 Breast	18/05/2007	2007 Long Course Open Meet
20.37 S	T	25 Fly	15/12/2006	ADASC TIME TRIALS
37.62 L	F	50 Fly	29/11/2008	Welsh Capital Open Meet
39.01 S	F	50 Fly	05/07/2008	TORFAEN SPRINT MEET
1:24.48 S	P	100 Fly	24/01/2009	Urdd National Gala
1:39.37 L	F	100 Fly	20/10/2007	Avallon Open Meet
3:05.73 L	F	200 Fly	18/10/2008	avalon autumn
3:18.11 S	F	200 Fly	08/03/2008	Llanelli ASC - Open Meet 2008
1:20.89 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008
2:53.95 S	F	200 IM	03/05/2008	5th Spring Meet Level 1
2:58.16 L	F	200 IM	18/10/2008	avalon autumn
6:07.46 S	F	400 IM	03/05/2008	5th Spring Meet Level 1
6:13.94 L	F	400 IM	29/11/2008	Welsh Capital Open Meet
<b>Susanna Karlsson (28) F</b>				
1:15.25 S	F	100 Free	03/06/2007	TOP TEAM GALA
2:45.23 S	F	200 Free	03/02/2008	ADASC WINTER TIME TRIAL
11:59.44 S	F	800 Free	03/11/2007	ADASC LC Championships
1:31.97 S	F	100 Back	02/11/2007	ADASC SC Championships
1:34.86 S	F	100 Fly	02/11/2007	ADASC SC Championships
1:27.39 S	F	100 IM	02/11/2007	ADASC SC Championships
<b>Dylan Langley (11) M</b>				
19.22 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING
46.91 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING
1:48.50 S	F	100 Free	21/03/2009	TIME TRIALS.SPRING
25.69 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING
58.59 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING
27.68 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING
1:07.22 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING
25.31 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING
57.75 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING
<b>Elinor Latham (10) F</b>				
20.32 S	F	25 Free	20/10/2007	Junior Open Meet 2007
41.19 L	F	50 Free	18/10/2008	avalon autumn
1:20.37 S	P	100 Free	07/03/2009	Llanelli ASC - Open Meet 2009
2:46.73 S	F	200 Free	12/10/2008	Ceredigion Championships
3:13.45 L	F	200 Free	18/10/2008	avalon autumn
6:20.11 S	F	400 Free	06/02/2009	West Wales Champs 2009 - Individual Events
12:37.59 S	F	800 Free	06/02/2009	West Wales Champs 2009 - Individual Events

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**Individual Top Times**


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Time	P/F/S	Event		
<b>Elinor Latham (10) F</b>				
25:10.86 S	F	1500 Free	06/02/2009	West Wales Champs 2009 - Individual Events
23.32 S	F	25 Back	20/10/2007	Junior Open Meet 2007
39.28 S	F	50 Back	24/01/2009	Urdd National Gala
43.12 L	F	50 Back	18/10/2008	avalon autumn
1:26.83 S	F	100 Back	06/02/2009	West Wales Champs 2009 - Individual Events
3:02.13 S	F	200 Back	12/10/2008	Ceredigion Championships
28.82 S	F	25 Breast	20/10/2007	Junior Open Meet 2007
57.15 L	F	50 Breast	18/10/2008	avalon autumn
1:47.71 S	P	100 Breast	06/02/2009	West Wales Champs 2009 - Individual Events
3:24.57 S	F	200 Breast	12/10/2008	Ceredigion Championships
22.35 S	F	25 Fly	20/10/2007	Junior Open Meet 2007
43.51 S	P	50 Fly	12/10/2008	Ceredigion Championships
46.34 L	F	50 Fly	18/10/2008	avalon autumn
1:43.12 S	P	100 Fly	07/03/2009	Llanelli ASC - Open Meet 2009
3:39.92 S	P	200 Fly	06/02/2009	West Wales Champs 2009 - Individual Events
1:31.00 S	F	100 IM	12/10/2008	Ceredigion Championships
3:20.22 S	P	200 IM	06/02/2009	West Wales Champs 2009 - Individual Events
3:27.96 L	F	200 IM	18/10/2008	avalon autumn
7:00.07 S	F	400 IM	06/02/2009	West Wales Champs 2009 - Individual Events
<b>Beth Lewis (15) F (Yr: 10)</b>				
16.77 S	F	25 Free	05/03/2006	TIME TRIAL
32.01 S	F	50 Free	03/05/2008	5th Spring Meet Level 1
32.30 L	F	50 Free	29/11/2008	Welsh Capital Open Meet
1:08.44 S	P	100 Free	08/03/2008	Llanelli ASC - Open Meet 2008
1:11.93 L	P	100 Free	02/08/2007	Welsh Summer Nationals
2:27.14 S	F	200 Free	08/03/2008	Llanelli ASC - Open Meet 2008
2:34.94 L	F	200 Free	29/11/2008	Welsh Capital Open Meet
5:07.48 S	F	400 Free	03/05/2008	5th Spring Meet Level 1
5:23.97 L	F	400 Free	20/03/2008	Welsh Age Group & Youth Championship
13:32.48 S	F	800 Free	05/11/2005	ADASC LONG COURSE
19.37 S	F	25 Back	16/04/2006	GALA TIME TRIAL
35.81 S	F	50 Back	18/11/2006	HSBC 5th. Junior Sprint Meet
37.70 L	F	50 Back	20/10/2007	Avallon Open Meet
1:16.51 S	F	100 Back	14/06/2008	Cath Ankers Meet 2008
1:19.84 L	P	100 Back	02/08/2007	Welsh Summer Nationals
2:41.19 S	P	200 Back	09/02/2008	West Wales Champs 2008 - Individual Events
2:51.39 L	P	200 Back	18/05/2007	2007 Long Course Open Meet
21.46 S	F	25 Breast	16/04/2006	GALA TIME TRIAL
40.36 S	F	50 Breast	23/06/2007	Torfaen Sprint Meet
41.84 L	F	50 Breast	20/10/2007	Avallon Open Meet
1:24.14 S	F	100 Breast	08/03/2008	Llanelli ASC - Open Meet 2008
1:28.23 L	F	100 Breast	20/03/2008	Welsh Age Group & Youth Championship
3:06.67 S	F	200 Breast	14/10/2007	ceredigion championships
3:14.88 L	P	200 Breast	02/08/2007	Welsh Summer Nationals
20.79 S	F	25 Fly	31/08/2005	P.B.
32.83 L	F	50 Fly	29/11/2008	Welsh Capital Open Meet
33.06 S	F	50 Fly	03/05/2008	5th Spring Meet Level 1
1:17.52 S	P	100 Fly	12/10/2008	Ceredigion Championships
1:24.71 L	F	100 Fly	20/10/2007	Avallon Open Meet
1:17.48 S	F	100 IM	03/05/2008	5th Spring Meet Level 1
2:42.40 S	F	200 IM	03/05/2008	5th Spring Meet Level 1
2:52.38 L	P	200 IM	02/08/2007	Welsh Summer Nationals
5:58.35 S	P	400 IM	09/02/2008	West Wales Champs 2008 - Individual Events
5:58.35 S	F	400 IM	09/02/2008	West Wales Champs 2008 - Individual Events
<b>Niamh Lewis (10) F (Yr: 6)</b>				
16.67 S	F	25 Free	05/07/2008	TORFAEN SPRINT MEET
36.29 S	P	50 Free	12/10/2008	Ceredigion Championships
36.80 L	F	50 Free	29/11/2008	Welsh Capital Open Meet
1:19.22 S	P	100 Free	06/02/2009	West Wales Champs 2009 - Individual Events
1:23.50 L	F	100 Free	29/11/2008	Welsh Capital Open Meet
2:58.14 S	P	200 Free	12/10/2008	Ceredigion Championships
3:03.19 L	F	200 Free	29/11/2008	Welsh Capital Open Meet
6:15.85 S	F	400 Free	06/02/2009	West Wales Champs 2009 - Individual Events
6:22.63 L	F	400 Free	29/11/2008	Welsh Capital Open Meet
13:05.30 S	F	800 Free	12/12/2008	ADASC

### Individual Top Times

Time	P/F/S	Event			
<b>Niamh Lewis (10) F (Yr: 6)</b>					
22.10 S	F	25 Back	14/10/2006	Ceredigion Championships	
43.26 L	F	50 Back	29/11/2008	Welsh Capital Open Meet	
43.27 S	F	50 Back	18/10/2008	Junior Open Meet 2008	
1:32.85 S	P	100 Back	06/02/2009	West Wales Champs 2009 - Individual Events	
1:36.44 L	F	100 Back	29/11/2008	Welsh Capital Open Meet	
3:19.26 S	P	200 Back	06/02/2009	West Wales Champs 2009 - Individual Events	
3:20.53 L	F	200 Back	29/11/2008	Welsh Capital Open Meet	
26.37 S	F	25 Breast	15/02/2007	Aquatic Pentathlon and Club Relays 2007	
49.13 S	P	50 Breast	12/10/2008	Ceredigion Championships	
51.04 L	F	50 Breast	29/11/2008	Welsh Capital Open Meet	
1:48.03 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:49.98 L	F	100 Breast	29/11/2008	Welsh Capital Open Meet	
3:46.55 S	P	200 Breast	06/02/2009	West Wales Champs 2009 - Individual Events	
20.16 S	F	25 Fly	15/09/2007	Tri Gala 2007	
37.34 S	F	50 Fly	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
43.88 L	F	50 Fly	29/11/2008	Welsh Capital Open Meet	
1:43.11 S	P	100 Fly	05/07/2008	TORFAEN SPRINT MEET	
3:51.17 S	P	200 Fly	12/10/2008	Ceredigion Championships	
1:31.94 S	P	100 IM	12/10/2008	Ceredigion Championships	
3:19.50 S	P	200 IM	06/02/2009	West Wales Champs 2009 - Individual Events	
<b>James Malkin (14) M (Yr: 10)</b>					
14.97 S	F	25 Free	25/06/2006	DYFED JUNIOR LEAGUE FINAL	
29.78 S	F	50 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
30.04 L	F	50 Free	10/05/2008	Leeds UnisonMeet	
1:01.14 S	P	100 Free	12/10/2008	Ceredigion Championships	
1:03.65 L	F	100 Free	23/11/2007	Welsh Schools Championships 2007	
2:11.22 S	P	200 Free	12/10/2008	Ceredigion Championships	
2:14.03 L	F	200 Free	20/03/2008	Welsh Age Group & Youth Championship	
4:31.21 S	F	400 Free	03/05/2008	5th Spring Meet Level 1	
4:35.01 L	F	400 Free	16/05/2008	Swim Swansea Long Course 2008	
9:14.79 L	F	800 Free	31/07/2008	Welsh Summer Nationals	
10:00.50 S S	F	800 Free	15/02/2007	West Wales Champs 2007 - Individual Events	
17:00.00 S	F	1500 Free	12/12/2008	ADASC	
17:39.25 L	F	1500 Free	31/07/2008	Welsh Summer Nationals	
17.49 S	F	25 Back	25/06/2006	DYFED JUNIOR LEAGUE FINAL	
32.38 L	F	50 Back	10/05/2008	Leeds UnisonMeet	
33.52 S	F	50 Back	07/07/2007	Junior Inter County Gala	
1:05.50 S	P	100 Back	24/01/2009	Urdd National Gala	
1:07.04 L	F	100 Back	20/02/2009	Celtic Tri Nations	
2:18.82 S	F	200 Back	12/10/2008	Ceredigion Championships	
2:21.36 L	F	200 Back	20/02/2009	Celtic Tri Nations	
47.89 S	P	50 Breast	15/10/2005	Junior Open Meet 2005	
1:19.47 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:35.50 L	F	100 Breast	21/10/2006	AVALON OPEN MEET 06	
2:46.38 S	P	200 Breast	12/10/2008	Ceredigion Championships	
2:57.74 L	F	200 Breast	31/07/2008	Welsh Summer Nationals	
17.13 S	F	25 Fly	16/04/2005	DYFED JUNIOR LEAGUE	
36.91 S	F	50 Fly	25/11/2005	ADASC SHORT DISTANCE CHAMPIONSHIPS	
36.96 L S	F	50 Fly	12/01/2007	Swim Wales New Year Dragon Meet	
1:12.75 S	P	100 Fly	12/10/2008	Ceredigion Championships	
1:20.21 L S	F	100 Fly	12/01/2007	Swim Wales New Year Dragon Meet	
2:35.94 S	F	200 Fly	08/03/2008	Llanelli ASC - Open Meet 2008	
2:43.37 L	P	200 Fly	31/07/2008	Welsh Summer Nationals	
1:09.31 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
2:24.54 S	P	200 IM	24/01/2009	Urdd National Gala	
2:24.65 L	F	200 IM	20/02/2009	Celtic Tri Nations	
5:10.82 L	F	400 IM	20/02/2009	Celtic Tri Nations	
5:23.95 S	F	400 IM	15/02/2007	West Wales Champs 2007 - Individual Events	
<b>Megan Meredith (11) F (Yr: 7)</b>					
23.34 S	F	25 Free	12/02/2006	ADASC TIME TRIAL	
44.61 S	F	50 Free	20/09/2008	50M SPRINT	
2:08.74 S	F	100 Free	28/05/2006	GALA TIME TRIAL	
3:42.85 S	F	200 Free	03/02/2008	ADASC WINTER TIME TRIAL	
27.51 S	F	25 Back	11/02/2006	West Wales Champs 2006 - Individual Events	
49.31 S	F	50 Back	20/09/2008	50M SPRINT	

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Megan Meredith (11) F (Yr: 7)</b>					
27.73 S	F	25 Breast	11/02/2006	West Wales Champs 2006 - Individual Events	
53.72 S	F	50 Breast	20/09/2008	50M SPRINT	
2:04.55 S	F	100 Breast	24/03/2007	ADASC GALA TIME TRIAL	
4:08.01 S	F	200 Breast	03/02/2008	ADASC WINTER TIME TRIAL	
28.03 S	T	25 Fly	15/12/2006	ADASC TIME TRIALS	
56.38 S	F	50 Fly	20/09/2008	50M SPRINT	
1:56.60 S	P	100 IM	24/03/2007	ADASC GALA TIME TRIAL	
1:56.60 S	F	100 IM	24/03/2007	ADASC GALA TIME TRIAL	
<b>David Michael (10) M</b>					
18.03 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
41.23 S	F	50 Free	12/07/2008	LEVEL 3 MEET	
1:44.82 S	F	100 Free	03/05/2008	5th Spring Meet Level 1	
3:29.20 S	P	200 Free	12/10/2008	Ceredigion Championships	
7:57.99 S	F	400 Free	03/11/2007	ADASC LC Championships	
15:45.09 S	F	800 Free	12/12/2008	ADASC	
22.91 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
50.09 S	F	50 Back	12/07/2008	LEVEL 3 MEET	
1:46.37 S	F	100 Back	24/05/2008	spring time trials	
22.97 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
51.34 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
1:55.31 S	F	100 Breast	21/03/2009	TIME TRIALS.SPRING	
4:12.18 S	P	200 Breast	12/10/2008	Ceredigion Championships	
24.43 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
1:02.47 S	P	50 Fly	12/10/2008	Ceredigion Championships	
1:50.98 S	F	100 IM	14/06/2008	Cath Ankers Meet 2008	
<b>James Michael (8) M</b>					
21.56 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
48.80 S	P	50 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
8:24.71 S	F	400 Free	12/12/2008	ADASC	
25.28 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
56.53 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
31.25 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:02.22 S	F	50 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
24.14 S	F	25 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:59.84 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Evan Morgan (10) M</b>					
18.71 S	F	25 Free	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
41.91 S	P	50 Free	12/10/2008	Ceredigion Championships	
1:35.67 S	F	100 Free	15/11/2008	West Wales Sub Regional Competition 2008	
3:42.18 S	F	200 Free	01/12/2007	Ceredigion Champssession £ & \$	
16:10.73 S	F	800 Free	12/12/2008	ADASC	
23.78 S	F	25 Back	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
50.89 S	P	50 Back	12/10/2008	Ceredigion Championships	
1:46.20 S	F	100 Back	15/11/2008	West Wales Sub Regional Competition 2008	
27.08 S	F	25 Breast	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
57.33 S	P	50 Breast	12/10/2008	Ceredigion Championships	
47.20 S	F	25 Fly	09/02/2008	Aquatic Pentathlon and Club Relays 2008	
1:06.74 S	F	50 Fly	20/09/2008	50M SPRINT	
<b>Owen Morgan (14) M (Yr: 9)</b>					
17.49 S	F	25 Free	13/05/2006	DYFED JUNIOR LEAGUE	
34.77 S	F	50 Free	17/10/2008	OCTOBER SPRINT	
1:15.09 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
2:47.53 S	F	200 Free	15/11/2008	West Wales Sub Regional Competition 2008	
13:08.62 S	F	800 Free	12/12/2008	ADASC	
24.45 S	F	25 Back	12/02/2006	ADASC TIME TRIAL	
41.38 S	F	50 Back	24/05/2008	spring time trials	
1:26.64 S	F	100 Back	15/11/2008	West Wales Sub Regional Competition 2008	
3:40.06 S	F	200 Back	30/06/2007	ADASC SUMMER TIME TRIAL	
26.10 S	F	25 Breast	13/05/2006	DYFED JUNIOR LEAGUE	
50.62 S	F	50 Breast	20/09/2008	50M SPRINT	
1:26.64 S	F	100 Breast	15/11/2008	West Wales Sub Regional Competition 2008	
24.19 S	T	25 Fly	15/12/2006	ADASC TIME TRIALS	
45.30 S	F	50 Fly	20/09/2008	50M SPRINT	
2:00.00 S	P	100 Fly	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:32.65 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	

### Individual Top Times

Time	P/F/S	Event			
<b>Owen Morgan (14) M (Yr: 9)</b>					
3:17.41 S	F	200 IM	15/11/2008	West Wales Sub Regional Competition 2008	
<b>Omar Omar (15) M (Yr: 11)</b>					
17.82 S	F	25 Free	16/04/2006	GALA TIME TRIAL	
36.99 S	T	50 Free	15/12/2006	ADASC TIME TRIALS	
1:15.97 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:06.76 S	F	200 Free	03/02/2008	ADASC WINTER TIME TRIAL	
15:34.40 S	F	800 Free	05/11/2005	ADASC LONG COURSE	
20.47 S	F	25 Back	16/04/2005	DYFED JUNIOR LEAGUE	
40.84 S	T	50 Back	15/12/2006	ADASC TIME TRIALS	
1:26.89 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
20.13 S	F	25 Breast	05/03/2006	TIME TRIAL	
57.09 S	T	50 Breast	15/12/2006	ADASC TIME TRIALS	
23.64 S	F	25 Fly	12/02/2006	ADASC TIME TRIAL	
50.38 S	T	50 Fly	15/12/2006	ADASC TIME TRIALS	
1:43.90 S	P	100 Fly	24/01/2009	Urdd National Gala	
1:52.42 S	F	100 IM	25/11/2005	ADASC SHORT DISTANCE CHAMPIONSHIPS	
<b>Dion Parry (14) M (Yr: 10)</b>					
14.80 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
32.96 S	F	50 Free	12/07/2008	LEVEL 3 MEET	
41.61 L S	P	50 Free	04/08/2006	Welsh Regional Nationals 2006	
1:11.11 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:25.38 L	P	100 Free	04/08/2006	Welsh Regional Nationals 2006	
2:44.58 S	P	200 Free	12/10/2008	Ceredigion Championships	
2:59.75 L	P	200 Free	04/08/2006	Welsh Regional Nationals 2006	
6:12.33 S	F	400 Free	11/11/2007	Ceredigion Champs 07 Long Dist & Sprints	
12:56.86 S	F	800 Free	05/11/2005	ADASC LONG COURSE	
17.80 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
38.14 S	F	50 Back	12/07/2008	LEVEL 3 MEET	
45.45 L S	P	50 Back	04/08/2006	Welsh Regional Nationals 2006	
1:20.66 S	P	100 Back	07/03/2009	Llanelli ASC - Open Meet 2009	
1:33.90 L	P	100 Back	04/08/2006	Welsh Regional Nationals 2006	
3:04.69 S	F	200 Back	15/11/2008	West Wales Sub Regional Competition 2008	
3:17.76 L	P	200 Back	04/08/2006	Welsh Regional Nationals 2006	
19.80 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
45.64 S	F	50 Breast	20/09/2008	50M SPRINT	
1:37.26 S	F	100 Breast	21/03/2009	TIME TRIALS.SPRING	
4:25.91 S	P	200 Breast	12/02/2005	West Wales Champs 2005 - Indiv	
21.25 S	F	25 Fly	15/05/2005	DYFED JUNIOR LEAGUE	
38.36 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING	
51.78 L S	P	50 Fly	04/08/2006	Welsh Regional Nationals 2006	
1:25.07 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:48.08 L	P	100 Fly	04/08/2006	Welsh Regional Nationals 2006	
3:41.13 S	F	200 Fly	14/10/2006	Ceredigion Championships	
1:21.31 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:01.19 S	F	200 IM	07/03/2009	Llanelli ASC - Open Meet 2009	
<b>Erin Parry (11) F (Yr: 7)</b>					
19.04 S	F	25 Free	12/02/2006	ADASC TIME TRIAL	
41.06 S	F	50 Free	04/10/2008	Llanelli ASC Autumn Meet 2008	
1:33.50 S	F	100 Free	24/05/2008	spring time trials	
3:56.01 S	F	200 Free	14/10/2006	Ceredigion Championships	
8:13.56 S	F	400 Free	05/11/2005	ADASC LONG COURSE	
15:35.46 S	F	800 Free	03/11/2007	ADASC LC Championships	
24.16 S	F	25 Back	21/11/2005	URDD FINAL PRIMARY SCHOOLS CEREDIGION	
47.76 S	F	50 Back	04/10/2008	Llanelli ASC Autumn Meet 2008	
1:46.65 S	F	100 Back	02/11/2007	ADASC SC Championships	
25.08 S	F	25 Breast	18/11/2006	HSBC 5th. Junior Sprint Meet	
53.73 S	F	50 Breast	17/10/2008	OCTOBER SPRINT	
1:51.11 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:58.43 S	P	200 Breast	12/10/2008	Ceredigion Championships	
24.30 S	F	25 Fly	16/04/2005	DYFED JUNIOR LEAGUE	
24.30 S	F	25 Fly	31/08/2005	P.B.	
24.30 S	P	25 Fly	01/12/2006	ADASC SHORT DISTANCE CHAMPIONSHIPS	
52.25 S	F	50 Fly	24/05/2008	spring time trials	
1:55.91 S	P	100 Fly	12/10/2008	Ceredigion Championships	
1:43.20 S	F	100 IM	04/10/2008	Llanelli ASC Autumn Meet 2008	

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Erin Parry (11) F (Yr: 7)</b>					
3:50.21 S	P	200 IM	12/10/2008	Ceredigion Championships	
<b>Iestyn Phillips (11) M (Yr: 6)</b>					
17.12 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
36.56 L	F	50 Free	29/11/2008	Welsh Capital Open Meet	
38.41 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
1:23.80 L	F	100 Free	29/11/2008	Welsh Capital Open Meet	
1:26.96 S	P	100 Free	18/10/2008	Junior Open Meet 2008	
3:03.53 S	F	200 Free	07/03/2009	Llanelli ASC - Open Meet 2009	
6:43.33 S	F	400 Free	06/02/2009	West Wales Champs 2009 - Individual Events	
20.46 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
44.45 S	F	50 Back	20/09/2008	50M SPRINT	
1:31.86 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:34.08 L	F	100 Back	29/11/2008	Welsh Capital Open Meet	
3:15.86 S	F	200 Back	12/10/2008	Ceredigion Championships	
25.85 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
57.86 S	F	50 Breast	20/09/2008	50M SPRINT	
2:00.14 S	P	100 Breast	07/03/2009	Llanelli ASC - Open Meet 2009	
4:00.54 S	P	200 Breast	06/02/2009	West Wales Champs 2009 - Individual Events	
22.50 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
49.88 S	F	50 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:59.25 S	P	100 Fly	06/02/2009	West Wales Champs 2009 - Individual Events	
1:35.29 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:30.51 S	P	200 IM	12/10/2008	Ceredigion Championships	
3:37.48 L	F	200 IM	29/11/2008	Welsh Capital Open Meet	
<b>Iona Phillips (9) F</b>					
19.72 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
44.52 S	F	50 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
21.75 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
48.13 S	F	50 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
29.13 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:06.85 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
27.81 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
1:03.93 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Sally Piere (9) F</b>					
23.28 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
58.78 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
33.47 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
1:14.63 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
43.04 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:35.19 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
44.50 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Alma Piotrowicz (14) F (Yr: 10)</b>					
19.15 S	F	25 Free	31/08/2005	P.B.	
41.91 S	F	50 Free	31/08/2005	P.B.	
1:18.28 S	P	100 Free	12/10/2008	Ceredigion Championships	
13:19.78 S	F	800 Free	12/12/2008	ADASC	
21.27 S	F	25 Back	31/08/2005	P.B.	
47.70 S	F	50 Back	31/08/2005	P.B.	
1:31.28 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:21.07 S	F	200 Back	12/10/2008	Ceredigion Championships	
23.31 S	F	25 Breast	31/08/2005	P.B.	
48.75 S	F	50 Breast	24/09/2005	LLannelli Junior Gala	
1:35.48 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:29.05 S	P	200 Breast	12/10/2008	Ceredigion Championships	
18.75 S	F	25 Fly	31/08/2005	P.B.	
44.60 S	F	50 Fly	31/08/2005	P.B.	
1:33.67 S	F	100 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:25.55 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:42.88 S	F	200 IM	31/08/2005	P.B.	
8:30.38 S	F	400 IM	31/08/2005	P.B.	
<b>Max Piotrowicz (12) M (Yr: 8)</b>					
44.82 S	F	50 Free	24/03/2007	ADASC GALA TIME TRIAL	
1:23.11 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
8:09.25 S	F	400 Free	05/11/2005	ADASC LONG COURSE	

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**Individual Top Times**

Time	P/F/S	Event			
<b>Max Piotrowicz (12) M (Yr: 8)</b>					
13:34.11 S	F	800 Free	12/12/2008	ADASC	
23.19 S	F	25 Back	24/09/2005	LLannelli Junior Gala	
52.95 S	F	50 Back	24/03/2007	ADASC GALA TIME TRIAL	
1:37.06 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:29.77 S	F	200 Back	12/10/2008	Ceredigion Championships	
1:08.96 S	P	50 Breast	25/11/2005	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:48.97 S	F	100 Breast	12/10/2008	Ceredigion Championships	
4:01.36 S	P	200 Breast	12/10/2008	Ceredigion Championships	
27.78 S	P	25 Fly	25/11/2005	ADASC SHORT DISTANCE CHAMPIONSHIPS	
1:02.58 S	P	50 Fly	02/11/2007	ADASC SC Championships	
1:37.06 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Gethin Price (9) M</b>					
17.81 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
43.12 S	P	50 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
1:44.66 S	F	100 Free	21/03/2009	TIME TRIALS.SPRING	
3:37.63 S	P	200 Free	12/10/2008	Ceredigion Championships	
7:28.51 S	F	400 Free	12/12/2008	ADASC	
21.16 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
46.62 S	P	50 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
25.63 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
57.61 S	P	50 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
24.02 S	F	25 Fly	05/12/2008	ADASC CHAMPIONSHIPS 2008	
57.68 S	P	50 Fly	12/10/2008	Ceredigion Championships	
1:52.67 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Guto Price (7) M</b>					
23.22 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
59.80 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
25.29 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
1:04.83 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
43.01 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:33.77 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
28.58 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Bleddyn Richards (11) M (Yr: 6)</b>					
21.64 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
57.92 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
2:26.35 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
31.98 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
1:17.48 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
25.61 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
56.63 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
2:14.97 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
34.26 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Luca Tedaldi (9) M</b>					
22.73 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
56.16 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
25.64 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
57.95 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
34.13 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
1:18.36 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
33.01 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Elinor Thorogood (16) F (Yr: 11)</b>					
15.90 S	F	25 Free	16/04/2006	GALA TIME TRIAL	
30.98 S	F	50 Free	20/09/2008	50M SPRINT	
31.35 L	F	50 Free	20/03/2008	Welsh Age Group & Youth Championship	
1:05.05 S	F	100 Free	03/05/2008	5th Spring Meet Level 1	
1:06.33 L	P	100 Free	31/07/2008	Welsh Summer Nationals	
2:17.10 S	F	200 Free	16/02/2008	British Triathlon Time Trial	
2:22.81 L	P	200 Free	20/03/2008	Welsh Age Group & Youth Championship	
4:45.64 S	F	400 Free	03/05/2008	5th Spring Meet Level 1	
4:55.46 L	F	400 Free	31/07/2008	Welsh Summer Nationals	
9:55.31 S	F	800 Free	12/12/2008	ADASC	
20.66 S	F	25 Back	31/08/2005	P.B.	
33.99 S	F	50 Back	20/09/2008	50M SPRINT	
1:11.49 S	P	100 Back	24/01/2009	Urdd National Gala	

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**Individual Top Times**


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Time	P/F/S	Event			
<b>Elinor Thorogood (16) F (Yr: 11)</b>					
1:12.38 L	F	100 Back	20/03/2008	Welsh Age Group & Youth Championship	
2:33.08 S	F	200 Back	14/10/2007	ceredigion championships	
2:33.92 L	P	200 Back	31/07/2008	Welsh Summer Nationals	
20.27 S	F	25 Breast	16/04/2006	GALA TIME TRIAL	
39.24 S	T	50 Breast	15/12/2006	ADASC TIME TRIALS	
1:22.30 L	F	100 Breast	20/01/2008	URDD National Gala 2008	
1:22.41 S	F	100 Breast	03/05/2008	5th Spring Meet Level 1	
2:50.36 S	F	200 Breast	09/02/2008	West Wales Champs 2008 - Individual Events	
2:51.49 L	F	200 Breast	24/11/2007	Swim Wales Winter Long Course Open Meet 2007	
17.52 S	F	25 Fly	16/04/2006	GALA TIME TRIAL	
33.61 S	F	50 Fly	20/09/2008	50M SPRINT	
1:12.70 S	F	100 Fly	03/05/2008	5th Spring Meet Level 1	
1:15.95 L	F	100 Fly	20/10/2007	Avallon Open Meet	
2:40.93 S	F	200 Fly	03/02/2008	ADASC WINTER TIME TRIAL	
2:47.71 L	F	200 Fly	05/04/2007	Welsh Age Group & Youth Championship	
1:18.09 S	F	100 IM	25/11/2005	ADASC SHORT DISTANCE CHAMPIONSHIPS	
2:32.39 S	F	200 IM	03/05/2008	5th Spring Meet Level 1	
2:35.48 L	F	200 IM	31/07/2008	Welsh Summer Nationals	
5:19.78 S	F	400 IM	09/02/2008	West Wales Champs 2008 - Individual Events	
5:26.80 L	F	400 IM	20/03/2008	Welsh Age Group & Youth Championship	
<b>Oliver Thorogood (12) M (Yr: 8)</b>					
19.65 S	F	25 Free	12/02/2006	ADASC TIME TRIAL	
36.22 S	F	50 Free	20/09/2008	50M SPRINT	
1:18.90 S	F	100 Free	03/05/2008	5th Spring Meet Level 1	
2:54.91 S	F	200 Free	03/05/2008	5th Spring Meet Level 1	
6:14.70 S	F	400 Free	03/05/2008	5th Spring Meet Level 1	
14:01.19 S	F	800 Free	03/11/2007	ADASC LC Championships	
22.80 S	F	25 Back	16/04/2005	DYFED JUNIOR LEAGUE	
41.74 S	F	50 Back	15/09/2007	Tri Gala 2007	
1:29.29 S	F	100 Back	12/07/2008	LEVEL 3 MEET	
1:32.39 L	P	100 Back	31/07/2008	Welsh Summer Nationals	
26.01 S	F	25 Breast	24/09/2005	LLannelli Junior Gala	
49.22 S	F	50 Breast	20/09/2008	50M SPRINT	
1:43.58 S	F	100 Breast	12/07/2008	LEVEL 3 MEET	
1:44.63 L	P	100 Breast	31/07/2008	Welsh Summer Nationals	
3:44.57 S	F	200 Breast	14/10/2007	ceredigion championships	
21.61 S	F	25 Fly	08/04/2006	dyfed league final	
43.84 S	F	50 Fly	20/09/2008	50M SPRINT	
1:45.53 S	F	100 Fly	14/10/2007	ceredigion championships	
3:36.97 S	F	200 Fly	03/05/2008	5th Spring Meet Level 1	
1:29.13 S	F	100 IM	03/05/2008	5th Spring Meet Level 1	
3:13.08 S	F	200 IM	03/05/2008	5th Spring Meet Level 1	
3:16.39 L	P	200 IM	31/07/2008	Welsh Summer Nationals	
<b>Zoe Walker (12) F (Yr: 7)</b>					
41.02 S	F	50 Free	07/07/2007	Junior Inter County Gala	
1:19.92 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:06.01 S	F	200 Free	10/05/2008	SVSC JUNIOR OPEN MEET	
1:29.61 S	F	100 Back	05/12/2008	ADASC CHAMPIONSHIPS 2008	
55.33 S	F	50 Breast	24/03/2007	ADASC GALA TIME TRIAL	
1:37.04 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
3:32.62 S	P	200 Breast	12/10/2008	Ceredigion Championships	
24.38 S	F	25 Fly	30/06/2007	ADASC SUMMER TIME TRIAL	
1:28.97 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008	
<b>Ifan Ward (11) M</b>					
18.44 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING	
43.60 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING	
1:37.18 S	P	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008	
24.25 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING	
54.56 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING	
25.84 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING	
59.38 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING	
2:12.97 S	P	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008	
26.31 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING	
56.41 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING	
<b>Tomos Watson (11) M (Yr: 7)</b>					

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**Individual Top Times**

Time	P/F/S	Event		
<b>Tomos Watson (11) M (Yr: 7)</b>				
16.60 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING
36.66 S	F	50 Free	04/10/2008	Llanelli ASC Autumn Meet 2008
1:20.38 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:07.86 S	P	200 Free	12/10/2008	Ceredigion Championships
13:36.72 S	F	800 Free	12/12/2008	ADASC
21.10 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING
45.26 S	F	50 Back	17/10/2008	OCTOBER SPRINT
1:33.20 S	P	100 Back	12/10/2008	Ceredigion Championships
3:29.40 S	F	200 Back	12/10/2008	Ceredigion Championships
24.47 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING
53.90 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING
1:51.01 S	F	100 Breast	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:54.29 S	P	200 Breast	06/02/2009	West Wales Champs 2009 - Individual Events
20.47 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING
46.22 S	F	50 Fly	04/10/2008	Llanelli ASC Autumn Meet 2008
1:33.12 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:27.97 S	P	200 IM	12/10/2008	Ceredigion Championships
<b>Isaac Williamson-Evans (11) M</b>				
16.37 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING
34.78 S	P	50 Free	24/01/2009	Urdd National Gala
1:21.52 S	F	100 Free	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:00.86 S	F	200 Free	07/03/2009	Llanelli ASC - Open Meet 2009
13:54.53 S	F	800 Free	12/12/2008	ADASC
20.97 S	F	25 Back	21/03/2009	TIME TRIALS.SPRING
44.06 S	F	50 Back	20/09/2008	50M SPRINT
1:29.80 S	P	100 Back	07/03/2009	Llanelli ASC - Open Meet 2009
29.39 S	F	25 Breast	27/04/2008	Time Trial
53.45 S	F	50 Breast	20/09/2008	50M SPRINT
1:44.69 S	P	100 Breast	07/03/2009	Llanelli ASC - Open Meet 2009
4:11.96 S	P	200 Breast	12/10/2008	Ceredigion Championships
4:11.96 S	F	200 Breast	12/10/2008	Ceredigion Championships
22.09 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING
49.12 S	F	50 Fly	21/03/2009	TIME TRIALS.SPRING
1:34.89 S	F	100 IM	05/12/2008	ADASC CHAMPIONSHIPS 2008
3:42.53 S	F	200 IM	12/10/2008	Ceredigion Championships
3:42.53 S	P	200 IM	12/10/2008	Ceredigion Championships
<b>Jonah Williamson-Evans (9) M</b>				
20.95 S	F	25 Free	21/03/2009	TIME TRIALS.SPRING
51.74 S	F	50 Free	21/03/2009	TIME TRIALS.SPRING
24.21 S	P	25 Back	24/01/2009	Urdd National Gala
55.54 S	F	50 Back	21/03/2009	TIME TRIALS.SPRING
29.45 S	F	25 Breast	21/03/2009	TIME TRIALS.SPRING
1:13.86 S	F	50 Breast	21/03/2009	TIME TRIALS.SPRING
31.20 S	F	25 Fly	21/03/2009	TIME TRIALS.SPRING