Short Course					Girls												Boys					
Age	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17/o**	**Event**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17/o**
	42.99	**34.74**	**32.33**	**29.82**	**29.11**	**30.72**	**29.38**	**29.07**	**28.97**	**28.49**	**50 Free**	**39.11**	**36.91**	**34.91**	**33.11**	**30.29**	**29.46**	**27.11**	**26.42**	**27.79**	**27.34**
	Chloe Thomas	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Rachael Lewis*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*		*David Clarke*	*Dexter West*	*Sammy Montgomery*	*Simon Johns*	*Simon Johns*	*Rhys Davies*	*Simon Johns*	*Simon Johns*	*Dafydd Nichols*	*Dafydd Nichols*
	1:37.61	**1:17.71**	**1:12.97**	**1:07.20**	**1:03.07**	**1:05.93**	**1:03.52**	**1:01.45**	**1:01.63**	**59.53**	**100 Free**	**1:35.66**	**1:23.01**	**1:17.87**	**1:12.89**	**1:08.24**	**1:04.15**	**57.83**	**57.11**	**58.03**	**56.70**
	Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*		*Dexter West*	*Dexter West*	*Adam Robson*	*Adam Robson*	*Simon Johns*	*Simon Johns*	*Rhys Davies*	*Simon Johns*	*Rhys Davies*	*Simon Johns*
	3:42.80	**2:56.36**	**2:42.19**	**2:24.15**	**2:17.26**	**2:15.21**	**2:17.00**	**2:11.12**	**2:10.00**	**2:07.40**	**200 Free**	**3:19.65**	**3:04.45**	**2:50.66**	**2:38.78**	**2:29.87**	**2:16.09**	**2:05.47**	**2:03.55**	**2:04.39**	**2:10.75**
	Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Carys Thomas*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*		*David Clarke*	*David Clarke*	*David Clarke*	*Adam Robson*	*Osian Morgan*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Dafydd Nichols*
		6:46.66	**5:37.55**	**5:04.99**	**4:56.09**	**4:45.14**	**4:39.28**	**4:33.00**	**4:28.28**	**4:28.09**	**400 Free**	**6:53.46**	**6:40.15**	**5:46.75**	**5:50.47**	**5:19.27**	**4:48.37**	**4:38.81**	**4:27.57**	**4:33.09**	
		Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*		*David Clarke*	*David Clarke*	*David Clarke*	*Zac West*	*Zac West*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	
			11:59.23	**11:35.36**	**10:04.93**	**10:15.19**	**9:40.06**	**11:31.65**	**9:13.96**	**9:11.13**	**800 Free**					**11:08.72**			**9:24.75**		**9:25.98**
			Isabel Johns	*Isabel Johns*	*Jayne Clarke*	*Carys Thomas*	*Carys Thomas*	*Hannah Lunt*	*Carys Thomas*	*Carys Thomas*						*Zac West*			*Simon Johns*		*Simon Johns*
			22:59.22	**22:13.61**	**21:01.23**	**19:29.42**	**21:54.05**				**1500 Free**				**22:32.77**	**20:55.58**	**19:25.66**	**17:51.93**	**17:42.13**	**17:51.93**	
			Isabel Johns	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Megan Jones*								*Zac West*	*Zac West*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	
	48.19	**41.40**	**38.18**	**38.10**	**34.17**	**34.02**	**32.73**	**34.30**	**31.68**	**31.43**	**50 Back**	**45.59**	**42.39**	**38.81**	**38.32**	**34.37**	**33.31**	**31.50**	**30.08**	**29.89**	**31.35**
	Chloe Thomas	*Victoria Horne*	*Jayne Clarke*	*Kayleigh Reed*	*Jayne Clarke*	*Kayleigh Fischer*	*Isabel Johns*		*Isabel Johns*	*Isabel Johns*		*Dexter West*	*David Clarke*	*Sammy Montgomery*	*Zac West*	*Zac West*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Dafydd Nichols*
	1:58.60	**1:35.41**	**1:24.08**	**1:19.66**	**1:13.61**	**1:11.26**	**1:10.13**	**1:06.72**	**1:05.95**	**1:06.48**	**100 Back**	**1:39.97**	**1:34.41**	**1:25.32**	**1:23.62**	**1:14.61**	**1:09.36**	**1:08.09**	**1:03.97**	**1:03.21**	**1:11.15**
	Rhiannon Clapham	*Kayleigh Fischer*	*Victoria Horne*	*Jessica Merritt*	*Kayleigh Fischer*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*		*Dexter West*	*Dexter West*	*Sammy Montgomery*	*Sammy Montgomery*	*Zac West*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Alex Mason*
		3:55.72	**2:59.91**	**2:54.45**	**2:39.64**	**2:28.68**	**2:21.43**	**2:20.71**	**2:24.11**	**2:24.72**	**200 Back**		**3:18.10**	**3:03.37**	**2:53.89**	**2:50.22**	**2:29.78**	**2:23.40**	**2:15.25**	**2:13.99**	**2:20.71**
		Elin Thomas	*Victoria Horne*	*Jessica Merritt*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Carys Thomas*			*David Clarke*	*Sammy Montgomery*	*Zac West*	*Zac West*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*
	57.79	**48.23**	**45.44**	**42.60**	**39.20**	**39.06**	**35.85**	**43.72**	**40.39**	**36.38**	**50 Breast**	**51.97**	**49.37**	**47.50**	**44.80**	**39.04**	**34.54**	**37.77**	**33.52**	**33.32**	**32.98**
	Chloe Thomas	*Amelia Davies*	*Jayne Clarke*	*Amelia Davies*	*Rachael Lewis*	*Kayleigh Fischer*	*Rachael Lewis*	*Emma Clarke*	*Carys James*	*Friederike Schmidt*		*Dexter West*	*Dexter West*	*Zac West*	*Hans Schmidt*	*Hans Schmidt*	*Hans Schmidt*	*Rhys Davies*	*Dafydd Nichols*	*Dafydd Nichols*	*Dafydd Nichols*
	2:14.51	**1:45.22**	**1:35.23**	**1:28.48**	**1:24.85**	**1:19.85**	**1:16.17**	**1:18.16**	**1:16.55**	**1:15.70**	**100 Breast**	**1:52.88**	**1:51.30**	**1:46.33**	**1:37.18**	**1:26.42**	**1:14.97**	**1:18.69**	**1:15.71**	**1:15.59**	**1:12.90**
	Isabel Johns	*Amelia Davies*	*Amelia Davies*	*Amelia Davies*	*Amelia Davies*	*Rachael Lewis*	*Rachael Lewis*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*		*Dexter West*	*Dexter West*	*Zac West*	*Adam Robson*	*Osian Morgan*	*Hans Schmidt*	*Osian Morgan*	*Dafydd Nichols*	*Rhys Davies*	*Dafydd Nichols*
		3:56.11	**3:15.60**	**3:07.59**	**3:02.16**	**2:49.38**	**2:43.74**	**2:46.75**	**2:45.44**	**2:35.94**	**200 Breast**		**4:16.39**	**3:43.02**	**3:29.23**	**3:11.39**	**2:46.82**	**2:47.65**	**2:49.40**	**2:40.64**	
		Jessica Merritt	*Amelia Davies*	*Amelia Davies*	*Kayleigh Fischer*	*Rachael Lewis*	*Rachael Lewis*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*			*Seth Woodhouse*	*Zac West*	*Adam Robson*	*Hans Schmidt*	*Hans Schmidt*	*Osian Morgan*	*Dafydd Nichols*	*Rhys Davies*	
	55.55	**40.01**	**35.90**	**37.19**	**32.06**	**34.03**	**31.48**	**37.44**	**37.34**	**30.70**	**50 Fly**	**52.17**	**41.93**	**41.84**	**40.44**	**34.71**	**32.97**	**30.31**	**29.02**	**30.11**	**29.53**
	Kayleigh Fischer	*Jayne Clarke*	*Jayne Clarke*	*Kayleigh Reed*	*Jayne Clarke*	*Kayleigh Fischer*	*Rachael Lewis*	*Emma Clarke*	*Carys James*	*Isabel Johns*		*David Clarke*	*Dexter West*	*David/Adam*	*Sammy Montgomery*	*Zac West*	*Rhys Davies*	*Simon Johns*	*Simon Johns*	*Dafydd Nichols*	*Dafydd Nichols*
		1:56.80	**1:29.56**	**1:18.05**	**1:14.14**	**1:12.65**	**1:10.47**	**1:09.30**	**1:08.30**	**1:08.03**	**100 Fly**			**1:40.87**	**1:31.00**	**1:15.45**	**1:12.14**	**1:05.99**	**1:03.26**	**1:01.88**	**1:01.48**
		Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Rachael Lewis*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*				*David Clarke*	*Simon Johns*	*Osian Morgan*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*
			3:31.43	**2:53.10**	**2:46.63**	**2:41.33**	**2:35.30**	**2:31.27**	**2:30.22**	**2:33.27**	**200 Fly**			**3:47.15**	**3:32.24**	**2:55.04**	**2:38.35**	**2:32.81**	**2:23.11**	**2:21.20**	
			Jayne Clarke	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Isabel Johns*	*Carys Thomas*	*Isabel Johns*	*Isabel Johns*				*Adam Robson*	*Adam Robson*	*Osian Morgan*	*Rhys Davies*	*Simon Johns*	*Simon Johns*	*Simon Johns*	
	1:47.50	**1:32.91**	**1:25.60**	**1:25.89**	**1:14.30**	**1:28.27**	**1:17.46**	**1:26.32**	**1:18.16**	**1:11.88**	**100 IM**	**1:42.78**	**1:32.83**	**1:30.40**	**1:24.42**	**1:17.82**	**1:16.65**	**1:09.88**	**1:06.23**	**1:08.75**	
	Millie Tweed	*Jayne Clarke*	*Victoria Horne*	*Carys Thomas*	*Jayne Clarke*	*Carys James*	*Hannah Myers*	*Hannah Lunt*	*Carys James*	*Friederike Schmidt*		*Dexter West*	*Dexter West*	*Sammy Montgomery*	*Adam Robson*	*Jake Scott*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*	*Dafydd Nichols*	
	4:00.79	**3:24.80**	**3:02.70**	**2:43.97**	**2:39.65**	**2:34.49**	**2:32.42**	**2:27.99**	**2:25.77**	**2:22.53**	**200 IM**		**3:28.69**	**3:14.10**	**3:03.73**	**2:43.09**	**2:35.26**	**2:24.96**	**2:21.31**	**2:19.31**	**2:20.54**
	Kayleigh Fischer	*Kayleigh Fischer*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*			*David Clarke*	*David Clarke*	*Zac West*	*Osian Morgan*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*	*Simon Johns*
			6:27.07	**5:50.29**	**5:42.36**	**5:29.85**	**5:19.64**	**5:12.33**	**5:10.80**	**4:59.23**	**400 IM**					**6:08.80**	**5:24.74**	**5:03.28**	**4:52.35**	**5:06.09**	
			Amelia Davies	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*						*Jake Scott*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*	

Long Course					Girls												Boys					
Age	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17/o**		**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17/o**
	38.41	**34.09**	**33.46**	**31.14**	**29.12**	**28.70**	**30.14**	**29.80**	**31.56**	**28.92**	**50 Free**	**43.03**	**36.92**	**36.30**	**33.16**	**30.44**	**30.28**	**27.37**	**26.21**	**26.46**	**26.72**
	Victoria Horne	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Rachael Lewis*	*Isabel Johns*	*Hannah Lunt*	*Isabel Johns*		*Sammy Montg.*	*David Clarke*	*Sammy Montgomery*	*Sammy Montgomery*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*
	1:32.98	**1:27.86**	**1:11.09**	**1:09.38**	**1:04.18**	**1:02.81**	**1:04.38**	**1:03.02**	**1:01.62**	**1:00.29**	**100 Free**	**1:35.20**	**1:29.43**	**1:22.39**	**1:15.78**	**1:09.56**	**1:05.74**	**1:00.00**	**58.50**	**58.02**	**58.78**
	Victoria Horne	*Victoria Horne*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*		*David Clarke*	*Dexter West*	*Zac West*	*Sammy Montgomery*	*Simon Johns*	*Rhys Davies*	*Simon Johns*	*Simon Johns*	*Rhys Davies*	*Simon Johns*
			2:48.35	**2:30.19**	**2:21.00**	**2:20.16**	**2:16.24**	**2:13.57**	**2:11.24**	**2:09.05**	**200 Free**	**3:25.73**	**3:00.35**	**3:01.01**	**2:38.89**	**2:32.15**	**2:22.30**	**2:13.10**	**2:10.69**	**2:08.02**	**2:07.12**
			Jayne Clarke	*Jayne Clarke*	*Jayne Clarke*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*		*David Clarke*	*David Clarke*	*David Clarke*	*Adam Robson*	*Simon Johns*	*Osian Morgan*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*
			6:05.20	**5:11.15**	**5:02.98**	**4:51.68**	**4:42.91**	**4:39.22**	**4:30.80**	**4:30.99**	**400 Free**			**6:23.12**	**5:19.44**	**5:30.99**	**5:08.02**	**4:46.36**	**4:37.82**	**4:35.79**	
			Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Carys Thomas*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*				*David Clarke*	*Rhys Caygill*	*Jake Scott*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	
		14:30.29	**12:40.95**	**10:15.93**	**10:12.88**	**10:01.38**	**9:50.13**	**9:30.93**	**9:23.13**	**9:14.27**	**800 Free**		**13:06.30**					**10:07.33**	**9:53.99**	**9:41.56**	
		Isabel Johns	*Isabel Johns*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*			*David Clarke*					*Simon Johns*	*Simon Johns*	*Simon Johns*	
			23:48.17	**20:17.30**	**19:24.19**	**20:06.86**	**19:28.22**				**1500 Free**						**20:56.76**	**19:05.69**	**18:49.61**	**18:23.60**	
			Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Isabel Johns*										*Simon Johns*	*Rhys Davies*	*Simon Johns*	*Rhys Davies*	
	50.12	**41.18**	**43.44**	**39.24**	**36.85**	**34.71**	**33.03**	**32.42**	**31.97**	**32.00**	**50 Back**	**49.49**	**42.14**	**43.52**	**38.48**	**35.57**	**34.68**	**32.62**	**31.46**	**30.45**	**31.77**
	Kayleigh Fischer	*Jayne Clarke*	*Victoria Horne*	*Victoria Horne*	*Kayleigh Fischer*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*		*Sammy Montg.*	*Dexter West*	*Zac West*	*Sammy Montgomery*	*Zac West*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*
	1:44.20	**1:37.43**	**1:28.54**	**1:20.44**	**1:18.08**	**1:12.40**	**1:10.77**	**1:08.85**	**1:07.21**	**1:07.28**	**100 Back**	**1:43.64**	**1:31.70**	**1:26.32**	**1:22.05**	**1:19.33**	**1:13.73**	**1:09.18**	**1:08.18**	**1:04.28**	**1:05.35**
	Victoria Horne	*Victoria Horne*	*Jayne Clarke*	*Jessica Merritt*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*		*Sammy Montg.*	*David Clarke*	*Zac West*	*Zac West*	*Zac West*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*
		3:27.29	**3:00.80**	**2:52.41**	**2:45.19**	**2:35.27**	**2:29.07**	**2:25.50**	**2:24.02**	**2:24.71**	**200 Back**		**3:13.84**	**3:11.02**	**2:59.28**	**2:54.15**	**2:36.82**	**2:27.93**	**2:21.27**	**2:15.60**	**2:16.89**
		Isabel Johns	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*	*Isabel Johns*			*David Clarke*	*David Clarke*	*Zac West*	*Hans Schmidt*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*
	59.72	**50.81**	**45.77**	**42.45**	**39.69**	**37.16**	**35.33**	**40.28**		**37.24**	**50 Breast**	**1:05.84**	**55.98**	**50.86**	**45.95**	**38.38**	**34.24**	**33.87**	**33.31**	**35.03**	**33.61**
	Victoria Horne	*Jayne Clarke*	*Amelia Davies*	*Amelia Davies*	*Rachael Lewis*	*Rachael Lewis*	*Rachael Lewis*	*Carys Thomas*		*Friederike Schmidt*		*Sammy Montg.*	*Zac West*	*Zac West*	*Zac West*	*Hans Schmidt*	*Hans Schmidt*	*Hans Schmidt*	*Dafydd Nichols*	*Dafydd Nichols*	*Dafydd Nichols*
	2:12.33	**1:59.70**	**1:30.89**	**1:28.89**	**1:27.22**	**1:19.92**	**1:16.60**	**1:23.16**	**1:19.52**	**1:17.59**	**100 Breast**	**2:17.39**	**2:02.64**	**1:48.02**	**1:38.98**	**1:25.18**	**1:17.42**	**1:15.30**	**1:20.60**	**1:21.11**	
	Victoria Horne	*Victoria Horne*	*Amelia Davies*	*Amelia Davies*	*Amelia Davies*	*Rachael Lewis*	*Rachael Lewis*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*		*Sammy Montg.*	*Seth Woodhouse*	*Zac West*	*Zac West*	*Zac West*	*Hans Schmidt*	*Hans Schmidt*	*Dafydd Nichols*	*Rhys Davies*	
		4:34.36	**3:14.06**	**3:08.16**	**3:05.56**	**2:53.33**	**2:44.76**	**2:51.86**	**2:48.96**	**2:40.42**	**200 Breast**		**4:17.37**	**3:46.96**	**3:28.32**	**3:10.59**	**2:56.31**	**2:43.92**	**3:04.55**		
		Isabel Johns	*Amelia Davies*	*Amelia Davies*	*Amelia Davies*	*Rachael Lewis*	*Rachael Lewis*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*			*David Clarke*	*Zac West*	*Zac West*	*Jake Scott*	*Osian Morgan*	*Hans Schmidt*	*Simon Johns*		
	54.88	**38.55**	**40.04**	**41.16**	**31.42**	**32.98**	**31.79**	**32.86**		**30.61**	**50 Fly**	**57.97**	**43.20**	**43.27**	**36.54**	**38.48**	**34.26**	**30.98**	**28.29**	**27.92**	**28.41**
	Kayleigh Fischer	*Jayne Clarke*	*Kayleigh Reed*	*Isabel Johns*	*Jayne Clarke*	*Jayne Clarke*	*Rachael Lewis*	*Carys Thomas*		*Isabel Johns*		*Sammy Montg.*	*Dexter West*	*Zac West*	*Simon Johns*	*Zac West*	*Rhys Davies*	*Osian Morgan*	*Simon Johns*	*Simon Johns*	*Simon Johns*
	2:09.94	**1:56.99**	**1:28.27**	**1:20.68**	**1:14.31**	**1:13.92**	**1:11.25**	**1:09.57**	**1:09.72**	**1:08.64**	**100 Fly**	**2:11.48**	**1:51.32**		**1:28.07**	**1:17.50**	**1:09.85**	**1:04.44**	**1:01.16**	**1:01.16**	**1:00.90**
	Victoria Horne	*Victoria Horne*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Isabel Johns*	*Carys Thomas*	*Isabel Johns*	*Isabel Johns*		*Sammy Montg.*	*David Clarke*		*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*	*Simon Johns*
				2:57.00	**2:52.26**	**2:40.83**	**2:34.22**	**2:29.26**			**200 Fly**					**3:03.45**	**2:46.10**	**2:31.92**	**2:22.50**	**2:27.24**	**2:24.64**
				Jayne Clarke	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*								*Osian Morgan*	*Simon Johns*	*Osian Morgan*	*Simon Johns*	*Simon Johns*	*Simon Johns*
	3:50.55	**3:33.43**	**3:04.58**	**2:48.40**	**2:42.65**	**2:38.43**	**2:34.44**	**2:32.60**	**2:29.92**	**2:25.28**	**200 IM**	**4:05.42**	**3:22.21**	**3:15.36**	**2:56.79**	**2:50.00**	**2:37.67**	**2:30.16**	**2:26.87**	**2:23.33**	**2:23.86**
	Kayleigh Fischer	*Isabel Johns*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Jayne Clarke*	*Carys Thomas*	*Isabel Johns*	*Carys Thomas*	*Carys Thomas*		*Sammy Montg.*	*Dexter West*	*Zac West*	*Zac West*	*Jake Scott*	*Hans Schmidt*	*Rhys Davies*	*Simon Johns*	*Rhys Davies*	*Simon Johns*
		7:47.01		**6:19.82**	**5:48.81**	**5:34.44**	**5:24.76**	**5:21.31**	**5:16.48**	**5:08.16**	**400 IM**					**6:08.09**	**5:39.74**	**5:16.93**	**5:08.83**	**5:04.81**	**5:14.38**
		Isabel Johns		*Carys Thomas*	*Jayne Clarke*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*	*Carys Thomas*						*Jake Scott*	*Hans Schmidt*	*Rhys Davies*	*Rhys Davies*	*Rhys Davies*	*Simon Johns*