

Short Course																						
Age	8	9	10	11	Girls					17/o	Event	8	9	10	11	Boys					17/o	
	44.21	34.74	32.33	29.82	29.11	30.72	30.30	29.07	28.97	28.49	50 Freestyle	39.11	37.12	36.13	33.11	30.29	29.46	27.11	26.42	27.79	27.34	
	Kayleigh Fischer	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Carys Thomas	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	David Clarke	David Clarke	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 Freestyle	1:37.58	1:31.09	1:17.87	1:12.89	1:08.24	1:04.15	57.83	57.11	58.27	56.70	
	Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	Adam Robson	Adam Robson	Adam Robson	Simon Johns	Simon Johns	Rhys Davies	Simon Johns	Simon Johns	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 Freestyle	3:19.65	3:04.45	2:50.66	2:38.78	2:29.87	2:16.09	2:05.47	2:03.55	2:11.65	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	Oslan Morgan	Rhys Davies	Rhys Davies	Rhys Davies	Alex Mason	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	4:28.09	400 Freestyle	6:53.46	6:40.15	5:46.75	5:30.18	4:48.37	4:38.81	4:27.57				
	Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas	Carys Thomas		David Clarke	David Clarke	David Clarke	Simon Johns	Rhys Davies	Rhys Davies	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 Freestyle										9:24.75	9:25.98
			Isabel Johns	Isabel Johns	Jayne Clarke	Carys Thomas	Carys Thomas	Hannah Lunt	Carys Thomas	Carys Thomas												Simon Johns
			22:59.22	22:13.61	21:01.23	19:29.42	21:54.05				1500 Freestyle					21:31.58	19:25.66	17:51.93	17:42.13			Simon Johns
			Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Megan Jones									Jake Scott	Rhys Davies	Rhys Davies	Rhys Davies			
	49.67	43.88	38.18	40.72	34.17	36.59	32.73	34.30	31.68	31.43	50 Backstroke	47.72	42.39	39.91	41.15	45.08	33.31	31.50	30.08	32.08	31.35	
	Jayne Clarke	Jayne Clarke	Jayne Clarke	Kayleigh Fischer	Jayne Clarke	Lucy Thomas	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	David Clarke	Zac West	Adam Robson	Joe Curtis	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Dafydd Nichols	Dafydd Nichols
	1:58.60	1:35.41	1:27.27	1:19.66	1:15.80	1:11.26	1:10.13	1:06.72	1:05.95	1:06.48	100 Backstroke	1:44.72	1:40.26	1:26.96	1:25.22	1:19.93	1:09.89	1:08.09	1:03.97	1:06.35	1:11.15	
	Rhiannon Clapham	Kayleigh Fischer	Isabel Johns	Jessica Merritt	Jayne Clarke	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	Adam Robson	David Clarke	Zac West	Oslan Morgan	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Alex Mason
	3:55.72	3:01.63	2:54.45	2:39.64	2:28.68	2:21.43	2:20.71	2:24.11	2:24.72	2:24.72	200 Backstroke	3:18.10	3:05.90	2:59.04	2:50.76	2:29.78	2:23.40	2:15.25	2:18.99	2:20.71		
		Elin Thomas	Kayleigh Fischer	Jessica Merritt	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas		David Clarke	Adam Robson	Adam Robson	Adam Robson	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns	
	59.36	48.23	45.44	42.60	39.27	43.75	42.23	43.72	40.39	36.38	50 Breaststroke		52.81	47.50	44.80	41.95	39.54	37.77	33.52	33.32	32.98	
	Kayleigh Fischer	Amelia Davies	Jayne Clarke	Amelia Davies	Jayne Clarke	Hannah Pusey	Hannah Myers	Emma Clarke	Carys James	Friederike Schmidt		Seth Woodhouse	Zac West	Hans Schmidt	Jake Scott	Rhys Davies	Rhys Davies	Dafydd Nichols	Dafydd Nichols	Dafydd Nichols	Dafydd Nichols	
	2:14.51	1:45.22	1:35.23	1:28.48	1:24.85	1:22.35	1:22.97	1:18.16	1:16.55	1:15.70	100 Breaststroke	2:08.27	2:02.72	1:46.33	1:37.18	1:26.42	1:24.08	1:18.69	1:15.71	1:15.60	1:12.90	
	Isabel Johns	Amelia Davies	Amelia Davies	Amelia Davies	Amelia Davies	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	Zac West	Adam Robson	Oslan Morgan	Jake Scott	Oslan Morgan	Dafydd Nichols	Dafydd Nichols	Dafydd Nichols	
	3:56.11	3:15.60	3:07.59	3:06.54	2:58.65	2:57.22	2:46.75	2:45.44	2:35.94	2:35.94	200 Breaststroke	4:16.39	3:43.02	3:29.23	3:15.20	2:57.75	2:47.65	2:49.40	2:46.68			
		Jessica Merritt	Amelia Davies	Amelia Davies	Jayne Clarke	Amelia Davies	Amelia Davies	Carys Thomas	Carys Thomas	Carys Thomas		Seth Woodhouse	Zac West	Adam Robson	Jake Scott	Oslan Morgan	Oslan Morgan	Oslan Morgan	Dafydd Nichols	Dafydd Nichols	Dafydd Nichols	
	55.55	40.01	35.90	38.99	32.06	37.39	36.09	37.44	37.34	30.70	50 Butterfly	52.17	43.69	41.84	41.58	35.45	32.97	30.31	29.02	30.11	29.53	
	Kayleigh Fischer	Jayne Clarke	Jayne Clarke	Carys Thomas	Jayne Clarke	Lucy Thomas	Hannah Myers	Emma Clarke	Carys James	Isabel Johns		David Clarke	David Clarke	David/Adam	Adam Robson	Jake Scott	Rhys Davies	Simon Johns	Simon Johns	Dafydd Nichols	Dafydd Nichols	
	1:56.80	1:29.56	1:18.05	1:14.14	1:15.38	1:10.47	1:09.30	1:08.30	1:08.03	1:08.03	100 Butterfly	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	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	Simon Johns	Oslan Morgan	Simon Johns	Simon Johns	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	2:33.27	200 Butterfly	3:47.15	3:32.24	2:55.04	2:38.35	2:32.81	2:23.11	2:21.20	2:21.20			
		Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns	Carys Thomas	Isabel Johns	Isabel Johns		Adam Robson	Adam Robson	Oslan Morgan	Rhys Davies	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	
	1:47.50	1:32.91	1:29.33	1:25.89	1:14.30	1:28.27	1:17.46	1:18.16	1:11.88	1:11.88	100 IM	1:45.77	1:35.38	1:32.21	1:24.42	1:17.82	1:16.65	1:09.88	1:06.23	1:08.75		
	Millie Tweed	Jayne Clarke	Amelia Davies	Carys Thomas	Jayne Clarke	Carys James	Hannah Myers	Hannah Lunt	Carys James	Friederike Schmidt		David Clarke	David Clarke	Zac West	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	3:04.51	2:43.09	2:38.57	2:24.96	2:21.31	2:19.31	2:20.54		
	Kayleigh Fischer	Kayleigh Fischer	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	Oslan Morgan	Oslan Morgan	Oslan Morgan	Rhys Davies	Rhys Davies	Simon Johns	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																						
Age	8	9	10	11	Girls					17/o	Event	8	9	10	11	12	13	14	15	16	17/o	
	38.41	34.09	33.46	31.14	29.12	28.70	30.35	29.80	31.56	28.92	50 Freestyle	43.03	36.92	39.26	33.39	30.44	30.28	27.37	26.21	26.46	26.72	
	Victoria Horne	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns	Hannah Lunt	Isabel Johns		Sammy Montg.	David Clarke	Zac West	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	
	1:32.98	1:28.57	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 Freestyle	1:35.20	1:29.93	1:22.39	1:17.06	1:09.56	1:05.74	1:00.00	58.50	58.22	58.78	
	Victoria Horne	Victoria Horne	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	Zac West	Simon Johns	Simon Johns	Rhys Davies	Simon Johns	Simon Johns	Simon Johns	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 Freestyle	3:25.73	3:00.35	3:01.01	2:38.89	2:32.15	2:22.30	2:13.10	2:10.69	2:11.73	2:09.60	
		Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	David Clarke	Adam Robson	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns	
			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 Freestyle			6:23.12	5:30.99	5:11.02	4:46.36	4:37.82	4:37.99			
		Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Isabel Johns	Carys Thomas	Carys Thomas	Carys Thomas				David Clarke	Jake Scott	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns	Simon Johns	
			14:30.29	12:40.95	10:15.93	10:12.88	10:01.38	9:50.13	9:30.93	9:14.27	800 Freestyle		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 Freestyle						20:56.76	19:05.69	18:49.61			
		Isabel Johns	Jayne Clarke	Isabel Johns	Isabel Johns												Simon Johns	Rhys Davies	Simon Johns			
	50.12	41.18	43.76	41.82	37.36	34.71	33.03	32.42	31.97	32.00	50 Backstroke	49.49	43.50	43.52	40.84	39.17	34.68	32.62	31.46	31.60	31.77	
	Kayleigh Fischer	Jayne Clarke	Kayleigh Reed	Isabel Johns	Jayne Clarke	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		Sammy Montg.	David Clarke	Zac West	Simon Johns	Adam Robson	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	
	1:44.20	1:43.44	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 Backstroke	1:43.64	1:31.70	1:26.32	1:35.42	1:22.77	1:14.73	1:09.18	1:08.18	1:07.45	1:08.69	
	Victoria Horne	Isabel Johns	Jayne Clarke	Jessica Merritt	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		Sammy Montg.	David Clarke	Zac West	Simon Johns	Jake Scott	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns	
	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	2:24.71	200 Backstroke	3:13.84	3:11.02	3:00.89	3:03.95	2:37.57	2:27.93	2:21.27	2:27.41	2:27.34		
		Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	David Clarke	Adam Robson	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns	Simon Johns	
	59.72	50.81	45.77	42.45	41.24	43.18	38.66	40.28	37.24	37.24	50 Breaststroke	1:05.84	55.98	50.86	48.84	41.91	39.46	38.53	33.31	35.03	33.61	
	Victoria Horne	Jayne																				