

Short Course											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	28.91	28.22	50 Freestyle	39.11	36.91	33.99	33.11	29.79	29.46	27.11	26.42	25.87	27.34
	Chloe Thomas	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Rachael Lewis	Isabel Johns	Rhannon Clapham	Rachael Lewis		David Clarke	Dexter West	Dexter West	Simon Johns	Dexter West	Rhys Davies	Simon Johns	Simon Johns	Hans Schmidt	Dafydd Nicholas
	1:37.61	1:17.71	1:12.97	1:07.20	1:03.07	1:05.93	1:03.52	1:01.45	59.53	100 Freestyle	1:35.66	1:23.01	1:14.47	1:12.89	1:07.63	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	Dexter West	Adam Robson	Dexter West	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	200 Freestyle	3:19.65	3:04.45	2:50.66	2:38.78	2:28.18	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	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	Adam Robson	Dexter West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Dafydd Nicholas	
	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 Freestyle	6:53.46	6:40.15	5:46.75	5:50.47	5:07.04	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	Isabel Johns	Carys Thomas	Carys Thomas		David Clarke	David Clarke	David Clarke	Zac West	Dexter West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	
	11:59.23	11:35.36	10:04.93	10:04.93	10:15.19	9:40.06	10:47.07	9:13.96	9:11.13	800 Freestyle					11:08.72			9:24.75		9:25.98	
	22:59.22	22:13.61	21:29.42	21:29.42	21:29.42	21:54.05	21:54.05	21:54.05	21:54.05	1500 Freestyle					22:32.77	20:55.58	19:25.66	17:51.93	17:51.93	Simon Johns	
	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas	Carys Thomas					Zac West	Zac West	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	
	48.19	41.40	38.18	35.11	34.17	34.02	32.73	34.30	31.68	31.43	50 Backstroke	45.59	42.39	38.58	38.32	33.88	32.29	31.50	29.04	29.89	31.35
	Chloe Thomas	Victoria Home	Jayne Clarke	Victoria Home	Jayne Clarke	Kyleigh Fischer	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		Dexter West	David Clarke	Dexter West	Dexter West	Dexter West	Dexter West	Rhys Davies	Zac West	Rhys Davies	Dafydd Nicholas
	1:58.60	1:35.41	1:24.08	1:17.52	1:13.61	1:11.26	1:10.13	1:06.72	1:05.95	1:06.48	100 Backstroke	1:39.97	1:34.41	1:22.33	1:23.62	1:13.33	1:08.85	1:08.09	1:03.97	1:03.21	1:11.15
	Rhannon Clapham	Kyleigh Fischer	Victoria Home	Victoria Home	Kyleigh Fischer	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		Dexter West	Dexter West	Dexter West	Sammy Montgomery	Dexter West	Dexter West	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns
	3:55.72	2:59.91	2:50.08	2:39.64	2:28.68	2:21.43	2:20.71	2:24.11	2:24.72	200 Backstroke	3:18.10	3:03.37	2:53.89	2:38.01	2:29.78	2:23.40	2:15.25	2:13.99	2:20.71		
	Elin Thomas	Victoria Home	Victoria Home	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas		David Clarke	David Clarke	Sammy Montgomery	Zac West	Dexter 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	34.95	36.59	36.23	50 Breaststroke	51.97	49.37	44.41	44.80	38.63	34.54	32.82	33.52	31.01	32.98
	Chloe Thomas	Amelia Davies	Jayne Clarke	Amelia Davies	Amelia Davies	Kyleigh Fischer	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis		Dexter West	Dexter West	Dexter West	Hans Schmidt	Hans Schmidt	Hans Schmidt	Dafydd Nicholas	Hans Schmidt	Dafydd Nicholas	Dafydd Nicholas
	2:14.51	1:45.22	1:35.23	1:28.48	1:19.85	1:16.17	1:16.06	1:16.55	1:15.70	1:15.88	100 Breaststroke	1:52.88	1:39.11	1:37.18	1:39.11	1:24.82	1:14.97	1:14.87	1:08.04	1:12.90	
	Isabel Johns	Amelia Davies	Amelia Davies	Amelia Davies	Amelia Davies	Rachael Lewis	Rachael Lewis	Rachael Lewis	Carys Thomas	Carys Thomas		Dexter West	Dexter West	Dexter West	Adam Robson	Dexter West	Dexter West	Hans Schmidt	Zac West	Hans Schmidt	Dafydd Nicholas
	3:56.11	3:15.60	3:07.59	3:02.16	2:49.38	2:43.74	2:43.02	2:45.44	2:45.44	200 Breaststroke	4:16.39	3:43.02	3:29.23	3:11.39	2:46.82	2:47.65	2:42.82	2:33.13			
	Jessica Merritt	Amelia Davies	Amelia Davies	Amelia Davies	Kyleigh Fischer	Rachael Lewis	Rachael Lewis	Rachael Lewis	Carys Thomas	Carys Thomas		Seth Woodhouse	Rachael Lewis	Zac West	Adam Robson	Hans Schmidt	Osian Morgan	Zac West	Hans Schmidt		
	55.55	40.01	35.90	35.79	32.06	34.03	31.28	30.95	32.12	30.70	50 Butterfly	52.17	41.93	37.11	40.44	32.56	32.97	30.31	29.02	30.11	29.53
	Kyleigh Fischer	Jayne Clarke	Jayne Clarke	Jayne Clarke	Kyleigh Fischer	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rhannon Clapham	Isabel Johns		David Clarke	Dexter West	Dexter West	Simon Johns	Dexter West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Dafydd Nicholas
	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	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	Rachael Lewis	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns		David Clarke	David Clarke	Simon Johns	Osian Morgan	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	2:30.22	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			
	1:47.50	1:25.60	1:23.24	1:14.30	1:19.21	1:17.46	1:16.32	1:18.16	1:18.16	1:18.16	100 IM	1:42.78	1:32.83	1:24.42	1:17.82	1:16.65	1:09.88	1:06.23	1:08.75		
	Millie Tweed	Jayne Clarke	Victoria Home	Victoria Home	Jayne Clarke	Alexa Home	Hannah Myers	Hannah Lunt	Carys Thomas	Rachael Lewis		Dexter West	Dexter West	Dexter West	Adam Robson	Adam Robson	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns
	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	3:04.10	3:03.73	2:42.90	2:35.26	2:24.96	2:21.31	2:19.31	2:20.54	
	Kyleigh Fischer	Kyleigh Fischer	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	Dexter West	Dexter West	Dexter West	Hans Schmidt	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns	Simon Johns
			6:27.07	5:29.29	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	Simon Johns
Long Course																					
Age	8	9	10	11	12	13	14	15	16	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	30.14	29.57	28.76	28.86	50 Freestyle	43.03	36.92	36.30	33.16	29.94	29.46	27.37	26.21	26.46	26.72
	Victoria Home	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Rachael Lewis	Rachael Lewis	Rhannon Clapham	Rachael Lewis		Sammy Montg	David Clarke	Sammy Montgomery	Sammy Montgomery	Dexter West	Dexter West	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 Freestyle	1:35.20	1:29.43	1:22.39	1:15.78	1:05.85	1:05.74	1:00.00	58.50	58.02	58.78
	Victoria Home	Victoria Home	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	Dexter West	Zac West	Sammy Montgomery	Dexter West	Dexter West	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 Freestyle	3:25.73	3:00.35	3:01.01	2:38.89	2:29.00	2:22.30	2:13.10	2:10.69	2:08.02	2:07.12
			Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	David Clarke	Adam Robson	Dexter West	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 Freestyle	6:23.12	5:19.44	5:19.44	5:08.02	4:46.36	4:37.82	4:35.79			
			Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas		David Clarke	David Clarke	David Clarke	Rhys Coggill	Dexter West	Hans Schmidt	Rhys Davies	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	800 Freestyle				13:06.30		10:07.33	9:53.99	9:41.56		
			Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas	Carys Thomas		David Clarke				David Clarke		Simon Johns	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	18:24.61	18:23.60	
			Isabel Johns	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns							Simon Johns	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies
			50.12	41.18	43.44	36.46	36.85	34.71	33.03	32.42	50 Backstroke	49.49	42.14	43.52	38.48	33.73	33.57	32.62	29.68	30.45	31.77
			Kyleigh Fischer	Jayne Clarke	Victoria Home	Victoria Home	Kyleigh Fischer	Isabel Johns	Isabel Johns	Isabel Johns		Sammy Montg	Dexter West	Zac West	Sammy Montgomery	Dexter West	Dexter West	Rhys Davies	Zac West	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	100 Backstroke	1:43.64	1:31.70	1:26.32	1:22.05	1:14.52	1:10.61	1:09.18	1:08.18	1:04.28	1:05.35
			Victoria Home	Victoria Home	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Isabel Johns		Sammy Montg	David Clarke	Zac West	Dexter West	Dexter West	Dexter West	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	2:24.02	2:24.71	200 Backstroke	3:13.84	3:11.02	2:40.28	2:59.28	2:39.19	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		David Clarke	David Clarke	David Clarke	Zac West	Dexter West	Hans Schmidt	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies
			59.72	50.81	45.77	42.45	39.69	37.16	35.33	34.62	50 Breaststroke	1:05.84	55.98	50.86	45.95	38.38	34.24	33.87	33.31	32.11	32.32
			Victoria Home	Jayne Clarke	Amelia Davies	Amelia Davies	Rachael Lewis	Rachael Lewis	Rachael Lewis												