

Short 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
	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	28.24	27.11	26.42	25.87	27.34
Chloe Thomas	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Isabel Johns	Rachael Lewis	Isabel Johns	Rhannon Clapham	Rachael Lewis	David Clarke	Deater West	Deater West	Deater West	Simon Johns	Deater West	Deater West	Simon Johns	Simon Johns	Simon Johns	Daylaid Nichols
	1:37.61	1:17.71	1:07.20	1:03.07	1:03.52	1:03.53	1:01.45	1:01.63	59.53	1:35.66	100 Freestyle	1:23.01	1:23.01	1:14.47	1:12.89	1:07.83	1:03.29	57.08	57.11	56.79	56.79
Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas	Carys Thomas	Deater West	Deater West	Deater West	Deater West	Adam Robson	Deater West	Deater West	Rhys Davies	Rhys Davies	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 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	Jayne Clarke	Carys Thomas	Isabel Johns	Carys Thomas	Carys Thomas	David Clarke	David Clarke	David Clarke	David Clarke	Adam Robson	Deater West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Daylaid 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	5:50.47	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	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	David Clarke	David Clarke	David Clarke	Jac West	Jac West	Deater West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	
											800 Freestyle					11:08.72	12:27.95	9:24.75			9:25.98
Isabel Johns	Isabel Johns	Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Rachael Lewis	Rachael Lewis	Carys Thomas	Carys Thomas							Chloe Harris	Simon Johns	Simon Johns	Simon Johns	Simon Johns
	22:59.22	22:13.61	22:13.61	21:01.23	19:29.42	21:54.05					1500 Freestyle				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	Isabel Johns	Isabel Johns	Isabel Johns	Megan Jones											Rhys Davies	Rhys Davies	Rhys Davies	
	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	30.97	31.50	29.04	27.90	31.35
Chloe Thomas	Victoria Horne	Victoria Horne	Victoria Horne	Victoria Horne	Victoria Horne	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Deater West	Deater West	Deater West	Deater West	Deater West	Deater West	Jac West	Jac West	Jac West	Jac West	Daylaid Nichols
	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	1:06.79	1:08.09	1:03.97	1:01.55	1:11.15
Rhannon Clapham	Kayleigh Fischer	Victoria Horne	Victoria Horne	Victoria Horne	Kayleigh Fischer	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Deater West	Deater West	Deater West	Deater West	Sammy Montgomery	Deater West	Deater West	Rhys Davies	Rhys Davies	Rhys Davies	Alma Mason
	3:55.72	2:59.91	2:50.08	2:38.64	2:28.68	2:21.43	2:20.71	2:24.11	2:24.11	2:24.72	200 Backstroke	3:18.10	3:03.37	2:53.89	2:38.01	2:24.12	2:23.40	2:15.25	2:13.99	2:20.71	
Ellie Thomas	Victoria Horne	Victoria Horne	Victoria Horne	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	Carys Thomas	Carys Thomas	David Clarke	Sammy Montgomery	Sammy Montgomery	Deater West	Deater West	Deater West	Rhys Davies	Rhys Davies	Rhys Davies	Rhys Davies	Simon Johns
	57.79	48.23	45.44	42.60	39.20	38.85	36.95	36.59	36.23	36.23	50 Breaststroke	51.97	49.37	44.41	44.80	38.63	34.54	32.82	33.52	31.01	31.68
Chloe Thomas	Amelia Davies	Jayne Clarke	Jayne Clarke	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis	Deater West	Deater West	Deater West	Deater West	Hans Schmidt	Deater West	Hans Schmidt	Hans Schmidt	Hans Schmidt	Hans Schmidt	Hans Schmidt
	2:14.51	1:45.22	1:35.23	1:28.48	1:24.85	1:19.85	1:16.17	1:16.06	1:16.55	1:15.70	100 Breaststroke	1:52.88	1:51.30	1:39.11	1:39.11	1:24.82	1:14.97	1:13.39	1:14.87	1:08.04	1:12.90
Isabel Johns	Amelia Davies	Amelia Davies	Amelia Davies	Amelia Davies	Amelia Davies	Rachael Lewis	Rachael Lewis	Rachael Lewis	Rachael Lewis	Carys Thomas	Deater West	Deater West	Deater West	Deater West	Adam Robson	Hans Schmidt	Hans Schmidt	Hans Schmidt	Jac West	Hans Schmidt	Daylaid Nichols
	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	2:35.94	200 Breaststroke	4:16.39	3:43.02	3:29.23	3:11.39	2:46.82	2:42.82	2:42.82	2:42.82	2:42.82	
Jessica Merritt	Amelia Davies	Amelia Davies	Amelia Davies	Kayleigh Fischer	Kayleigh Fischer	Rachael Lewis	Rachael Lewis	Rachael Lewis	Carys Thomas	Carys Thomas											
	55.55	40.01	35.79	34.03	32.06	31.79	30.45	30.15	29.61	29.61	50 Butterfly	52.17	49.33	46.44	46.44	40.44	32.56	29.61	28.68	28.68	29.53
Kayleigh Fischer	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Kayleigh Fischer	Rachael Lewis	Rachael Lewis	Rhannon Clapham	Rachael Lewis	Rachael Lewis	David Clarke	Deater West	Deater West	Deater West	Sammy Montgomery	Deater West	Deater West	Simon Johns	Simon Johns	Simon Johns	Daylaid 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	1:08.03	100 Butterfly	1:40.87	1:31.00	1:15.45	1:15.45	1:06.16	1:05.99	1:03.26	1:01.88	1:01.48	
Isabel Johns	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Jayne Clarke	Rachael Lewis	Isabel Johns	Isabel Johns	Isabel Johns	Isabel Johns	David Clarke	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns	Simon Johns
											200 Butterfly										