

Fishguard Flyers Club Records update since October 2022

LONGCOURSE						SHORTCOURSE					
age/gender	event	name	time	venue	date	age/gender	event	name	time	venue	date
Swansea University Swim Team 2023 LC Sprint Meet						Pembrokeshire Championships 2022					
13 Boys	50 Fly	Dexter West	30.79	WNP	05/02/2023	17+ Boys	50 Brst	Hans Schmidt	31.68	HFW	23/10/2022
13 Boys	50 Back	Dexter West	33.57	WNP	05/02/2023	13 Boys	50 Fly	Dexter West	30.06	HFW	23/10/2022
13 Boys	100 Back	Dexter West	1:09.93	WNP	05/02/2023	13 Boys	100 Free	Dexter West	1:03.29	HFW	23/10/2022
13 Boys	200 IM	Dexter West	2:36.34	WNP	05/02/2023	16 Boys	50 Fly	Zac West	28.68	HFW	23/10/2022
						16 Boys	50 Back	Zac West	28.44	HFW	23/10/2022
City of Sheffield SS Premier Open Meet 2023						15 Girls	100 IM	Chloe Beynon	1:26.32	HFW	23/10/2022 joint
13 Boys	200 Back	Dexter West	2:32.89	Sheffield PondF	26/03/2023						
13 Boys	200 IM	Dexter West	2:33.15	Sheffield PondF	26/03/2023	National County Champs					
13 Boys	400 IM	Dexter West	5:29.82	Sheffield PondF	26/03/2023	13 Boys	100 Back	Dexter West	1:08.85	Sheffield	02/10/2022
						13 Boys	50 Back	Dexter West	32.29	Sheffield	02/10/2022
						Bridgend Distance & Sprint 2022					
						13 Boys	800 Free	Osian Harris	12:27.95	Aberavon	06/11/2022
						Winter Nationals 2022					
						17+ Girls	50 Fly	Rachael Lewis	30.64	WNP	17/12/2022
						13 Boys	50 Fly	Dexter West	28.55	WNP	17/12/2022
						13 Boys	200 IM	Dexter West	2:28.50	WNP	17/12/2022
						13 Boys	400 IM	Dexter West	5:17.92	WNP	17/12/2022
						13 Boys	200 Back	Dexter West	2:25.01	WNP	17/12/2022
						13 Boys	100 Back	Dexter West	1:06.79	WNP	17/12/2022
						West Wales Regionals 2023					
						13 Boys	100 Fly	Dexter West	1:06.16	HFW	12/02/2023
						13 Boys	50 Fly	Dexter West	29.61	HFW	12/02/2023
						13 Boys	50 Free	Dexter West	28.24	HFW	12/02/2023
						13 Boys	400 IM	Dexter West	5:09.89	HFW	12/02/2023
						13 Boys	50 Back	Dexter West	30.97	HFW	12/02/2023
						13 Boys	200 Back	Dexter West	2:24.12	HFW	12/02/2023
						16 Boys	100 Back	Zac West	1:01.55	HFW	12/02/2023
						16 Boys	50 Back	Zac West	27.90	HFW	12/02/2023