
Individual Top Times

Ruthin ASC [RUTY] Coach: Chris Clements

Show Short Course Only

Time	P/F/S	Event			
Steffan Dafydd (9) B					
21.50 S	F	25 Free	02/11/2008	DenDev Gala Denbigh	
22.15 S	F	25 Back	28/09/2008	CNRSC Club Championships 08	
52.44 S	F	50 Back	11/11/2008	Urdd Regional Meets	
26.90 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
57.68 S	F	50 Breast	11/11/2008	Urdd Regional Meets	
Owain Davies (12) B					
19.96 S	F	25 Free	25/06/2006	4 Towns Gala Ruthin 250606	
50.00 S	F	50 Free	19/11/2006	CNRSC Club Championships 06	
28.06 S	F	25 Back	23/04/2005	Bangor Diddy Gala	
54.03 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
26.25 S	F	25 Breast	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
55.68 S	F	50 Breast	12/11/2006	4 Towns Denbigh 121106	
39.18 S	F	25 Fly	01/07/2005	Training Times 1/7/05	
Alex Dowell (13) B					
21.31 S	F	25 Free	05/12/2004	CNRSC Club Champs	
32.34 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
1:14.18 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
2:51.19 S	F	200 Free	19/07/2008	Welsh National League FINAL	
22.56 S	F	25 Back	05/12/2004	CNRSC Club Champs	
37.81 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
1:00.09 S	F	50 Breast	17/03/2005	CNRSC Time Trials 17&18/3/05	
39.54 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:35.45 S	F	100 Fly	20/04/2008	Training Times 200408	
1:33.00 S	F	100 IM	30/09/2007	CNRSC Club Championships 07	
Symon Dowell (11) B					
45.42 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
57.28 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
53.67 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
Cernyw Evans (13) B					
18.32 S	F	25 Free	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
29.81 S	F	50 Free	02/11/2008	DenDev Gala Denbigh	
1:06.31 S	F	100 Free	11/11/2008	Urdd Regional Meets	
x2:27.02 S	F	200 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
x5:10.64 S	F	400 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
20.78 S	F	25 Back	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
34.04 S	F	50 Back	06/12/2008	DenDev Gala Rhyl	
1:13.43 S	F	100 Back	25/10/2008	Geoff Drew Memorial Meet 2008	
2:42.67 S	F	200 Back	03/05/2008	Wrexham 5th Spring Meet Level 1	
30.61 S	F	25 Breast	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
43.17 S	F	50 Breast	06/12/2008	DenDev Gala Rhyl	
1:45.34 S	F	100 Breast	26/06/2008	CNRSC Time Trials 270608	
24.10 S	F	25 Fly	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
34.46 S	F	50 Fly	02/11/2008	DenDev Gala Denbigh	
1:17.75 S	F	100 Fly	25/10/2008	Geoff Drew Memorial Meet 2008	
1:17.71 S	F	100 IM	02/11/2008	DenDev Gala Denbigh	
2:47.38 S	F	200 IM	25/10/2008	Geoff Drew Memorial Meet 2008	
Rhys Foulkes (12) B					
21.56 S	F	25 Free	11/12/2005	CNRSC Club Championships 11/12/05	
1:37.56 S	F	100 Free	26/06/2008	CNRSC Time Trials 270608	
26.96 S	F	25 Back	11/12/2005	CNRSC Club Championships 11/12/05	
54.37 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608	
27.61 S	F	25 Breast	19/11/2005	HSBC 4th. Junior Sprint Meet Wrexham	
57.75 S	F	50 Breast	26/06/2008	CNRSC Time Trials 270608	
1:58.97 S	F	100 Breast	11/11/2008	Urdd Regional Meets	
27.09 S	F	25 Fly	27/11/2005	4 Towns Gala Ruthin	
54.03 S	F	50 Fly	26/06/2008	CNRSC Time Trials 270608	
Sion Foulkes (9) B					
19.81 S	F	25 Free	26/06/2008	CNRSC Time Trials 270608	
43.79 S	F	50 Free	11/11/2008	Urdd Regional Meets	
26.81 S	F	25 Back	26/06/2008	CNRSC Time Trials 270608	
31.40 S	F	25 Breast	26/06/2008	CNRSC Time Trials 270608	
Tom Hitchings (10) B					

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Time	P/F/S	Event			
Tom Hitchings (10) B					
21.71 S	F	25 Free	30/09/2007	CNRSC Club Championships 07	
22.51 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
51.16 S	F	50 Back	11/11/2008	Urdd Regional Meets	
56.61 S	F	50 Breast	19/04/2008	Diddy Gala 2008	
Iolo Hughes (14) B					
32.06 S	F	50 Free	30/09/2007	CNRSC Club Championships 07	
1:16.00 S	F	100 Free	30/09/2007	CNRSC Club Championships 07	
40.00 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
1:54.43 S	F	100 Back	16/01/2005	Training data 16/01/05	
41.12 S	F	50 Breast	10/06/2007	4 Towns Denbigh 100607	
1:35.07 S	F	100 Breast	24/10/2006	Urdd Gala 24/10/06	
43.46 S	F	50 Fly	30/09/2007	CNRSC Club Championships 07	
1:25.37 S	F	100 IM	30/09/2007	CNRSC Club Championships 07	
Ifan Jones (14) B					
30.45 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
1:07.96 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
2:28.23 S	F	200 Free	21/06/2008	SWN National League Round 3	
35.77 S	P	50 Back	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:18.45 S	F	100 Back	25/10/2008	Geoff Drew Memorial Meet 2008	
2:51.92 S	F	200 Back	05/05/2007	4th Spring Designated Meet	
40.76 S	F	50 Breast	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:29.69 S	F	100 Breast	25/10/2008	Geoff Drew Memorial Meet 2008	
3:07.90 S	F	200 Breast	03/05/2008	Wrexham 5th Spring Meet Level 1	
31.81 S	P	50 Fly	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:12.07 S	F	100 Fly	19/07/2008	Welsh National League FINAL	
1:17.03 S	F	100 IM	08/06/2008	DenDev Gala Chirk	
2:46.01 S	F	200 IM	19/07/2008	Welsh National League FINAL	
6:21.82 S	F	400 IM	16/03/2008	Training times 16/3/08	
Owen Jones (15) B					
30.75 S	F	50 Free	08/12/2007	4 Towns Rhyl 081207	
1:10.37 S	F	100 Free	26/04/2008	SWN National League Round 1	
36.40 S	F	50 Back	25/11/2007	4 Towns Ruthin 251107	
41.66 S	F	50 Breast	07/07/2007	Holywell ASC Summer Sprint Meet 2007	
40.37 S	F	50 Fly	10/06/2007	4 Towns Denbigh 100607	
1:26.00 S	F	100 IM	10/06/2007	4 Towns Denbigh 100607	
3:06.32 S	F	200 IM	26/04/2008	SWN National League Round 1	
Rhys Jones (15) B					
34.96 S	F	50 Free	02/11/2008	DenDev Gala Denbigh	
1:20.75 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
47.30 S L	F	50 Back	01/10/2006	NWASA Swimfest Relay Championships	
2:00.71 S	F	100 Back	16/01/2005	Training data 16/01/05	
51.45 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
23.40 S	F	25 Fly	16/01/2005	Training data 16/01/05	
39.62 S	F	50 Fly	15/07/2007	4 Towns Chirk 150707	
1:37.16 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Iestyn Laing (10) B					
20.09 S	F	25 Free	30/09/2007	CNRSC Club Championships 07	
43.16 S	F	50 Free	11/11/2008	Urdd Regional Meets	
25.62 S	F	25 Back	19/04/2008	Diddy Gala 2008	
56.18 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
28.31 S	F	25 Breast	19/04/2008	Diddy Gala 2008	
1:05.09 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
32.32 S	F	25 Fly	19/11/2006	CNRSC Club Championships 06	
59.57 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:57.69 S	F	100 IM	11/11/2008	Urdd Regional Meets	
Elwy Lloyd (9) B					
21.09 S	F	25 Free	11/11/2008	Urdd Regional Meets	
Dafydd Marshman (9) B					
21.42 S	F	25 Back	06/12/2008	DenDev Gala Rhyl	
Gordon McKie (9) B					
18.58 S	F	25 Free	31/05/2008	Regional Development Meet 2008	
43.63 S	F	50 Free	11/11/2008	Urdd Regional Meets	
1:38.28 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	

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Time	P/F/S	Event			
Gordon McKie (9) B					
23.06 S	F	25 Back	26/06/2008	CNRSC Time Trials 270608	
27.01 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
23.80 S	F	25 Fly	28/09/2008	CNRSC Club Championships 08	
1:57.50 S	F	100 IM	26/06/2008	CNRSC Time Trials 270608	
Finn Nelson (10) B					
19.81 S	F	25 Free	18/05/2008	DenDev Gala Ruthin	
50.65 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
1:52.03 S	F	100 Free	30/09/2007	CNRSC Club Championships 07	
24.15 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
53.12 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
30.15 S	F	25 Breast	30/09/2007	CNRSC Club Championships 07	
1:02.15 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
25.65 S	F	25 Fly	19/04/2008	Diddy Gala 2008	
56.87 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
2:19.20 S	F	100 IM	30/09/2007	CNRSC Club Championships 07	
Alex Penfold (13) B					
41.49 S	F	50 Free	06/12/2008	DenDev Gala Rhyl	
Matthew Pleavin (9) B					
1:17.66 S	F	50 Breast	11/11/2008	Urdd Regional Meets	
2:51.34 S	F	100 IM	11/11/2008	Urdd Regional Meets	
Matthew Reay (8) B					
20.63 S	F	25 Free	06/12/2008	DenDev Gala Rhyl	
24.41 S	F	25 Back	11/11/2008	Urdd Regional Meets	
33.68 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
25.04 S	F	25 Fly	06/12/2008	DenDev Gala Rhyl	
Patrick Roberts (14) B					
20.07 S	F	25 Free	21/05/2006	Training Data 21/5/06	
38.84 S	F	50 Free	08/06/2008	DenDev Gala Chirk	
1:34.09 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
22.92 S	F	25 Back	21/05/2006	Training Data 21/5/06	
47.34 S	P	50 Back	18/11/2006	Wrexham HSBC 5th. Junior Sprint Meet	
1:48.96 S	F	100 Back	26/06/2008	CNRSC Time Trials 270608	
29.09 S	F	25 Breast	21/05/2006	Training Data 21/5/06	
51.56 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
2:00.62 S	F	100 Breast	26/06/2008	CNRSC Time Trials 270608	
29.01 S	F	25 Fly	21/05/2006	Training Data 21/5/06	
1:46.00 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Jack Salmon (12) B					
45.37 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608	
1:36.68 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
48.07 S	P	50 Back	17/11/2007	6th. Junior Sprint Meet	
52.78 S	F	50 Breast	06/12/2008	DenDev Gala Rhyl	
44.78 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:59.65 S	F	100 Fly	01/03/2008	Menai A & B Meet	
1:50.63 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
3:52.17 S	F	200 IM	01/03/2008	Menai A & B Meet	
Max Salmon (9) B					
20.36 S	F	25 Free	28/09/2008	CNRSC Club Championships 08	
46.61 S	F	50 Free	04/10/2008	Swim Wales North SuperShrimps 2008	
1:44.21 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
21.48 S	F	25 Back	28/09/2008	CNRSC Club Championships 08	
47.28 S	F	50 Back	11/11/2008	Urdd Regional Meets	
23.93 S	F	25 Breast	06/12/2008	DenDev Gala Rhyl	
54.93 S	F	50 Breast	19/07/2008	Welsh National League FINAL	
22.29 S	F	25 Fly	06/12/2008	DenDev Gala Rhyl	
53.49 S	F	50 Fly	04/10/2008	Swim Wales North SuperShrimps 2008	
1:46.71 S	F	100 IM	04/10/2008	Swim Wales North SuperShrimps 2008	
David Simpson (12) B					
51.15 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608	
1:03.21 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608	
57.53 S	F	50 Breast	26/06/2008	CNRSC Time Trials 270608	
32.20 S	F	25 Fly	26/06/2008	CNRSC Time Trials 270608	

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Time	P/F/S	Event			
Oliver Simpson (13) B					
1:50.87 S	F	100 Free	26/06/2008	CNRSC Time Trials 270608	
2:14.75 S	F	100 Breast	26/06/2008	CNRSC Time Trials 270608	
Robert Slater (12) B					
20.34 S	F	25 Free	08/07/2006	Holywell ASC Summer Sprint Meet 2006	
40.85 S	F	50 Free	04/10/2008	Swim Wales North SuperShrimps 2008	
1:28.40 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
25.07 S	F	25 Back	29/07/2006	4 Towns Gala Chirk 290706	
46.09 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608	
27.00 S	F	25 Breast	08/07/2006	Holywell ASC Summer Sprint Meet 2006	
50.19 S	F	50 Breast	06/12/2008	DenDev Gala Rhyl	
1:55.60 S	F	100 Breast	11/11/2008	Urdd Regional Meets	
31.13 S	F	25 Fly	21/05/2006	Training Data 21/5/06	
46.50 S	F	50 Fly	19/04/2008	Diddy Gala 2008	
1:02.68 S	F	50 IM	21/05/2006	Training Data 21/5/06	
1:37.35 S	F	100 IM	04/10/2008	Swim Wales North SuperShrimps 2008	
Kieran Smith (11) B					
19.56 S	F	25 Free	16/03/2008	Training times 16/3/08	
43.81 S	F	50 Free	30/09/2007	CNRSC Club Championships 07	
31.21 S	F	25 Breast	30/09/2007	CNRSC Club Championships 07	
Craig Thomas (11) B					
18.03 S	F	25 Free	17/11/2007	6th. Junior Sprint Meet	
38.56 S	P	50 Free	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:32.53 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
21.47 S	F	25 Back	17/11/2007	6th. Junior Sprint Meet	
44.02 S	F	50 Back	04/10/2008	Swim Wales North SuperShrimps 2008	
26.95 S	F	25 Breast	17/11/2007	6th. Junior Sprint Meet	
56.26 S	F	50 Breast	19/04/2008	Diddy Gala 2008	
22.73 S	F	25 Fly	17/11/2007	6th. Junior Sprint Meet	
52.61 S	F	50 Fly	04/10/2008	Swim Wales North SuperShrimps 2008	
1:41.88 S	F	100 IM	04/10/2008	Swim Wales North SuperShrimps 2008	
Callum Welman (11) B					
18.24 S	F	25 Free	25/11/2007	4 Towns Ruthin 251107	
33.70 S	F	50 Free	06/12/2008	DenDev Gala Rhyl	
1:14.86 S	F	100 Free	25/10/2008	Geoff Drew Memorial Meet 2008	
3:24.82 S	P	200 Free	02/02/2008	SWN Regional Championships 2008	
x6:08.06 S	F	400 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
20.28 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
37.25 S	F	50 Back	11/11/2008	Urdd Regional Meets	
x1:28.30 S	F	100 Back	29/11/2008	NEWSA Sub Regional Champs 2008	
24.74 S	F	25 Breast	17/11/2007	6th. Junior Sprint Meet	
46.26 S	F	50 Breast	29/11/2008	NEWSA Sub Regional Champs 2008	
1:47.14 S	F	100 Breast	25/10/2008	Geoff Drew Memorial Meet 2008	
4:16.21 S	P	200 Breast	02/02/2008	SWN Regional Championships 2008	
21.70 S	F	25 Fly	26/06/2008	CNRSC Time Trials 270608	
43.83 S	F	50 Fly	26/04/2008	SWN National League Round 1	
1:42.99 S	F	100 Fly	25/10/2008	Geoff Drew Memorial Meet 2008	
1:30.13 S	F	100 IM	25/10/2008	Geoff Drew Memorial Meet 2008	
3:27.77 S	F	200 IM	31/05/2008	Regional Development Meet 2008	
Oliver Williams (11) B					
20.68 S	F	25 Free	15/07/2007	4 Towns Chirk 150707	
41.46 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
1:34.34 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
24.53 S	F	25 Back	19/11/2006	CNRSC Club Championships 06	
46.54 S	F	50 Back	19/04/2008	Diddy Gala 2008	
25.71 S	F	25 Breast	19/11/2006	CNRSC Club Championships 06	
53.77 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
1:00.78 S	F	50 Fly	26/06/2008	CNRSC Time Trials 270608	
1:54.28 S	F	100 IM	26/06/2008	CNRSC Time Trials 270608	
Dewi Wykes (9) B					
21.32 S	F	25 Free	06/12/2008	DenDev Gala Rhyl	
25.31 S	F	25 Back	11/11/2008	Urdd Regional Meets	