

Individual Top Times

Ruthin ASC [RUTY] Coach: Chris Clements

Show Short Course Only

Time	P/F/S	Event			
Gwenllian Boyns (11) G					
25.53 S	F	25 Free	19/11/2006	CNRSC Club Championships 06	
1:02.21 S	F	50 Free	30/09/2007	CNRSC Club Championships 07	
34.15 S	F	25 Back	21/05/2006	Training Data 21/5/06	
1:01.37 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
31.68 S	F	25 Breast	19/11/2006	CNRSC Club Championships 06	
1:03.15 S	F	50 Breast	30/09/2007	CNRSC Club Championships 07	
Jodie Cameron (10) G					
1:18.78 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608	
1:05.03 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
1:31.37 S	F	50 Breast	26/06/2008	CNRSC Time Trials 270608	
Lisa Dafydd (9) G					
27.58 S	F	25 Free	28/09/2008	CNRSC Club Championships 08	
26.46 S	F	25 Back	02/11/2008	DenDev Gala Denbigh	
29.50 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
Billie-Jo Davies (13) G					
33.31 S	F	50 Free	08/06/2008	DenDev Gala Chirk	
1:13.53 S	F	100 Free	26/06/2008	CNRSC Time Trials 270608	
2:43.89 S	P	200 Free	02/02/2008	SWN Regional Championships 2008	
38.68 S	F	50 Back	08/06/2008	DenDev Gala Chirk	
1:25.76 S	P	100 Back	02/02/2008	SWN Regional Championships 2008	
3:01.34 S	P	200 Back	02/02/2008	SWN Regional Championships 2008	
43.43 S	F	50 Breast	02/11/2008	DenDev Gala Denbigh	
1:31.24 S	F	100 Breast	26/04/2008	SWN National League Round 1	
3:27.77 S	F	200 Breast	27/10/2007	Geoff Drew Level 1 Meet 2007	
17.70 S	F	25 Fly	20/04/2008	Training Times 200408	
36.71 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:23.26 S	F	100 IM	20/04/2008	Training Times 200408	
2:57.27 S	F	200 IM	26/04/2008	SWN National League Round 1	
Cerian Davies (12) G					
36.09 S	F	50 Free	02/11/2008	DenDev Gala Denbigh	
1:23.06 S	F	100 Free	11/11/2008	Urdd Regional Meets	
45.92 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
1:38.52 S	F	100 Back	29/11/2008	NEWSA Sub Regional Champs 2008	
54.96 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
2:06.21 S	F	100 Breast	26/06/2008	CNRSC Time Trials 270608	
49.78 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:44.32 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Heledd Davies (12) G					
38.93 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
1:23.06 S	F	100 Free	11/11/2008	Urdd Regional Meets	
46.71 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
1:55.21 S	F	100 Back	26/06/2008	CNRSC Time Trials 270608	
51.40 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
1:47.49 S	F	100 Breast	29/11/2008	NEWSA Sub Regional Champs 2008	
49.13 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:39.15 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Alissa Dibley (12) G					
22.16 S	F	25 Free	11/12/2005	CNRSC Club Championships 11/12/05	
35.60 S	P	50 Free	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:17.13 S	F	100 Free	12/01/2008	Valentine 2008 Graded Meet	
22.75 S	F	25 Back	11/12/2005	CNRSC Club Championships 11/12/05	
39.09 S	F	50 Back	18/05/2008	DenDev Gala Ruthin	
1:26.06 S	F	100 Back	11/11/2008	Urdd Regional Meets	
3:11.00 S	F	200 Back	05/05/2007	4th Spring Designated Meet	
25.90 S	F	25 Breast	11/12/2005	CNRSC Club Championships 11/12/05	
44.95 S	P	50 Breast	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
1:38.72 S	F	100 Breast	12/01/2008	Valentine 2008 Graded Meet	
3:40.08 S	F	200 Breast	27/10/2007	Geoff Drew Level 1 Meet 2007	
23.00 S	F	25 Fly	11/12/2005	CNRSC Club Championships 11/12/05	
41.95 S	F	50 Fly	06/10/2007	Swim Wales North SuperShrimps 2007	
1:26.50 S	F	100 IM	05/07/2008	Holywell ASC Summer Sprint Meet 2008	
3:13.06 S	F	200 IM	12/01/2008	Valentine 2008 Graded Meet	

Individual Top Times

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Time	P/F/S	Event		
Sarah Evans (15) G				
15.73 S	F	25 Free	16/06/2006	Training Time 160606
31.85 S	F	50 Free	03/05/2008	Wrexham 5th Spring Meet Level 1
1:10.86 S	F	100 Free	30/09/2007	CNRSC Club Championships 07
2:33.12 S	F	200 Free	26/04/2008	SWN National League Round 1
5:49.06 S	F	400 Free	01/07/2006	Bangor Summer Open Meet 2006
34.61 S	F	50 Back	05/05/2007	4th Spring Designated Meet
1:15.17 S	P	100 Back	27/10/2007	Geoff Drew Level 1 Meet 2007
2:44.57 S	F	200 Back	02/02/2008	SWN Regional Championships 2008
42.95 S	P	50 Breast	07/07/2007	Holywell ASC Summer Sprint Meet 2007
1:32.05 S	P	100 Breast	27/10/2007	Geoff Drew Level 1 Meet 2007
3:29.50 S	F	200 Breast	04/10/2006	Training data 4/10/06
36.59 S	F	50 Fly	30/09/2007	CNRSC Club Championships 07
1:22.23 S	F	100 Fly	16/06/2007	Cath Ankers Meet 2007
3:12.94 S	P	200 Fly	17/02/2007	NWASA Championships 2007
1:19.50 S	F	100 IM	18/05/2008	DenDev Gala Ruthin
2:49.30 S	F	200 IM	16/06/2007	Cath Ankers Meet 2007
6:12.52 S	F	400 IM	20/01/2007	Valentine Open Meet 2007
Loni Garratt (14) G				
15.41 S	F	25 Free	16/06/2006	Training Time 160606
32.59 S	F	50 Free	30/09/2007	CNRSC Club Championships 07
1:11.86 S	F	100 Free	16/06/2007	Cath Ankers Meet 2007
1:12.98 S	F	200 Free	21/06/2008	SWN National League Round 3
23.21 S	F	25 Back	15/09/2005	Training Times 15/9/05
39.50 S	P	50 Back	07/07/2007	Holywell ASC Summer Sprint Meet 2007
1:28.31 S	P	100 Back	27/10/2007	Geoff Drew Level 1 Meet 2007
42.86 S	P	50 Breast	07/07/2007	Holywell ASC Summer Sprint Meet 2007
42.86 S	F	50 Breast	21/04/2007	Diddy Gala 2007
1:31.47 S	P	100 Breast	17/02/2007	NWASA Championships 2007
3:16.24 S	F	200 Breast	17/02/2007	NWASA Championships 2007
25.93 S	F	25 Fly	21/05/2006	Training Data 21/5/06
36.72 S	P	50 Fly	07/07/2007	Holywell ASC Summer Sprint Meet 2007
1:29.14 S	P	100 Fly	27/10/2007	Geoff Drew Level 1 Meet 2007
1:23.16 S	F	100 IM	07/07/2007	Holywell ASC Summer Sprint Meet 2007
3:20.63 S	P	200 IM	18/02/2006	NWASA Championships 2006
Hayley Hewitt (11) G				
47.12 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608
58.75 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608
1:06.78 S	F	50 Breast	26/06/2008	CNRSC Time Trials 270608
2:10.09 S	F	100 IM	28/09/2008	CNRSC Club Championships 08
Lucy Hitchings (13) G				
24.42 S	F	25 Free	21/05/2006	Training Data 21/5/06
41.74 S	F	50 Free	19/04/2008	Diddy Gala 2008
27.51 S	F	25 Back	21/05/2006	Training Data 21/5/06
52.30 S	F	50 Back	19/11/2006	CNRSC Club Championships 06
37.97 S	F	25 Breast	21/05/2006	Training Data 21/5/06
49.93 S	F	50 Breast	30/09/2007	CNRSC Club Championships 07
36.30 S	F	25 Fly	21/05/2006	Training Data 21/5/06
Alisha Howarth (11) G				
25.75 S	F	25 Free	16/03/2008	Training times 16/3/08
46.15 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608
55.90 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608
1:00.13 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08
2:09.12 S	F	100 IM	28/09/2008	CNRSC Club Championships 08
Michelle Jackson (12) G				
39.30 S	F	50 Free	04/10/2008	Swim Wales North SuperShrimps 2008
1:29.47 S	F	100 Free	25/10/2008	Geoff Drew Memorial Meet 2008
58.80 S	F	25 Back	20/04/2008	Training Times 200408
45.16 S	F	50 Back	04/10/2008	Swim Wales North SuperShrimps 2008
1:34.75 S	F	100 Back	25/10/2008	Geoff Drew Memorial Meet 2008
57.46 S	F	50 Breast	04/10/2008	Swim Wales North SuperShrimps 2008
2:03.56 S	F	100 Breast	31/05/2008	Regional Development Meet 2008
41.31 S	F	50 Fly	06/12/2008	DenDev Gala Rhyl
1:37.35 S	F	100 Fly	25/10/2008	Geoff Drew Memorial Meet 2008

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Time	P/F/S	Event			
Michelle Jackson (12) G					
1:43.60 S	F	100 IM	04/10/2008	Swim Wales North SuperShrimps 2008	
4:02.90 S	F	200 IM	31/05/2008	Regional Development Meet 2008	
Barbara Jones (9) G					
25.34 S	F	25 Free	28/09/2008	CNRSC Club Championships 08	
26.71 S	F	25 Back	28/09/2008	CNRSC Club Championships 08	
27.29 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
33.12 S	F	25 Fly	28/09/2008	CNRSC Club Championships 08	
Cadi Jones (10) G					
19.06 S	F	25 Free	30/09/2007	CNRSC Club Championships 07	
38.84 S	F	50 Free	11/11/2008	Urdd Regional Meets	
1:25.58 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
x6:41.74 S	F	400 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
21.82 S	F	25 Back	19/04/2008	Diddy Gala 2008	
45.03 S	F	50 Back	11/11/2008	Urdd Regional Meets	
1:38.21 S	F	100 Back	25/10/2008	Geoff Drew Memorial Meet 2008	
25.46 S	F	25 Breast	30/09/2007	CNRSC Club Championships 07	
49.34 S	F	50 Breast	04/10/2008	Swim Wales North SuperShrimps 2008	
x1:48.33 S	F	100 Breast	29/11/2008	NEWSA Sub Regional Champs 2008	
22.74 S	F	25 Fly	19/04/2008	Diddy Gala 2008	
48.03 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:51.86 S	F	100 Fly	25/10/2008	Geoff Drew Memorial Meet 2008	
1:11.20 S	F	50 IM	21/05/2006	Training Data 21/5/06	
1:37.89 S	F	100 IM	25/10/2008	Geoff Drew Memorial Meet 2008	
x3:24.69 S	F	200 IM	29/11/2008	NEWSA Sub Regional Champs 2008	
Gwen Jones (10) G					
22.94 S	F	25 Free	30/09/2007	CNRSC Club Championships 07	
43.96 S	F	50 Free	02/11/2008	DenDev Gala Denbigh	
26.34 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
51.90 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
34.37 S	F	25 Breast	19/11/2006	CNRSC Club Championships 06	
1:04.12 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
Hannah Jones (14) G					
38.39 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
46.28 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
49.48 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
52.96 S	F	50 Fly	30/09/2007	CNRSC Club Championships 07	
1:35.73 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Hope Jones (17) G					
15.36 S	F	25 Free	16/06/2006	Training Time 160606	
33.61 S	F	50 Free	27/11/2005	4 Towns Gala Ruthin	
1:16.10 S	F	100 Free	01/12/2004	Ruthin PBs 1/12/04	
2:56.74 S	P	200 Free	22/01/2005	NWASA Championships 2005	
2:56.74 S	F	200 Free	22/01/2005	NWASA Championships 2005	
20.96 S	F	25 Back	15/09/2005	Training Times 15/9/05	
41.09 S	F	50 Back	11/12/2005	CNRSC Club Championships 11/12/05	
1:33.26 S	F	100 Back	01/12/2004	Ruthin PBs 1/12/04	
3:23.70 S	F	200 Back	16/01/2005	Training data 16/01/05	
45.09 S	F	50 Breast	01/12/2004	Ruthin PBs 1/12/04	
1:39.19 S	F	100 Breast	01/12/2004	Ruthin PBs 1/12/04	
18.48 S	F	25 Fly	16/01/2005	Training data 16/01/05	
39.42 S	F	50 Fly	19/11/2006	CNRSC Club Championships 06	
1:33.39 S	F	100 Fly	01/12/2004	Ruthin PBs 1/12/04	
1:38.84 S	F	100 IM	01/12/2004	Ruthin PBs 1/12/04	
3:37.45 S	F	200 IM	01/12/2004	Ruthin PBs 1/12/04	
Rebeca Jones (10) G					
23.73 S	F	25 Free	28/09/2008	CNRSC Club Championships 08	
27.65 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
26.68 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
Faye Kearns (15) G					
15.69 S	F	25 Free	16/06/2006	Training Time 160606	
34.06 S	F	50 Free	19/11/2006	CNRSC Club Championships 06	
1:14.15 S	F	100 Free	30/09/2007	CNRSC Club Championships 07	
2:47.29 S	F	200 Free	04/10/2006	Training data 4/10/06	

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Time	P/F/S	Event		
Faye Kearns (15) G				
36.91 S	P	50 Back	07/07/2007	Holywell ASC Summer Sprint Meet 2007
1:17.61 S	F	100 Back	16/06/2007	Cath Ankers Meet 2007
2:59.81 S	F	200 Back	04/10/2006	Training data 4/10/06
39.92 S	P	50 Breast	05/05/2007	4th Spring Designated Meet
1:25.23 S	F	100 Breast	24/10/2006	Urdd Gala 24/10/06
3:06.80 S	F	200 Breast	05/05/2007	4th Spring Designated Meet
34.90 S	F	50 Fly	05/05/2007	4th Spring Designated Meet
1:23.21 S	F	100 Fly	16/06/2007	Cath Ankers Meet 2007
1:17.07 S	F	100 IM	10/06/2007	4 Towns Denbigh 100607
2:49.90 S	F	200 IM	05/05/2007	4th Spring Designated Meet
Megan Laing (12) G				
22.11 S	F	25 Free	16/06/2006	Training Time 160606
40.60 S	F	50 Free	25/11/2007	4 Towns Ruthin 251107
1:27.59 S	F	100 Free	28/09/2008	CNRSC Club Championships 08
26.46 S	F	25 Back	21/05/2006	Training Data 21/5/06
46.78 S	F	50 Back	30/09/2007	CNRSC Club Championships 07
1:46.12 S	F	100 Back	26/06/2008	CNRSC Time Trials 270608
29.57 S	F	25 Breast	23/04/2006	4 Towns Gala Abergele 23/4/06
52.07 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08
1:56.59 S	F	100 Breast	26/06/2008	CNRSC Time Trials 270608
1:03.84 S	F	50 IM	21/05/2006	Training Data 21/5/06
Ella Leatt (9) G				
24.50 S	F	25 Free	26/06/2008	CNRSC Time Trials 270608
26.06 S	F	25 Back	26/06/2008	CNRSC Time Trials 270608
32.37 S	F	25 Breast	26/06/2008	CNRSC Time Trials 270608
Kirsten Lee (14) G				
37.65 S	F	50 Free	28/09/2008	CNRSC Club Championships 08
47.78 S	F	50 Back	28/09/2008	CNRSC Club Championships 08
44.28 S	F	50 Breast	02/11/2008	DenDev Gala Denbigh
1:49.65 S	F	100 IM	11/12/2005	CNRSC Club Championships 11/12/05
Beth Lloyd (10) G				
24.00 S	F	25 Free	30/09/2007	CNRSC Club Championships 07
40.50 S	F	50 Free	11/11/2008	Urdd Regional Meets
1:39.03 S	F	100 Free	28/09/2008	CNRSC Club Championships 08
25.46 S	F	25 Back	30/09/2007	CNRSC Club Championships 07
50.66 S	F	50 Back	11/11/2008	Urdd Regional Meets
30.21 S	F	25 Breast	30/09/2007	CNRSC Club Championships 07
1:08.15 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08
29.69 S	F	25 Fly	30/09/2007	CNRSC Club Championships 07
1:00.08 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08
2:04.25 S	F	100 IM	28/09/2008	CNRSC Club Championships 08
Lucy Mills (10) G				
52.28 S	F	50 Back	11/11/2008	Urdd Regional Meets
1:02.85 S	F	50 Fly	11/11/2008	Urdd Regional Meets
Evie Nelson (8) G				
22.34 S	F	25 Free	28/09/2008	CNRSC Club Championships 08
25.87 S	F	25 Back	28/09/2008	CNRSC Club Championships 08
29.61 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08
Heledd Parry (11) G				
1:00.65 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608
59.71 S	F	50 Back	30/09/2007	CNRSC Club Championships 07
1:04.12 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08
Catrin Pickles (17) G				
16.62 S	F	25 Free	15/09/2005	Training Times 15/9/05
31.84 S	F	50 Free	25/06/2006	4 Towns Gala Ruthin 250606
1:09.23 S	F	100 Free	19/11/2006	CNRSC Club Championships 06
2:34.55 S	F	200 Free	20/01/2007	Valentine Open Meet 2007
19.28 S	F	25 Back	15/09/2005	Training Times 15/9/05
34.93 S	P	50 Back	08/07/2006	Holywell ASC Summer Sprint Meet 2006
1:27.84 S	F	100 Back	17/03/2005	CNRSC Time Trials 17&18/3/05
2:50.45 S	P	200 Back	17/02/2007	NWASA Championships 2007
22.03 S	F	25 Breast	15/09/2005	Training Times 15/9/05
35.59 S	P	50 Fly	08/07/2006	Holywell ASC Summer Sprint Meet 2006

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Time	P/F/S	Event			
Catrin Pickles (17) G					
1:30.16 S	P	100 Fly	17/02/2007	NWASA Championships 2007	
1:24.93 S	F	100 IM	19/11/2006	CNRSC Club Championships 06	
Emily Pierce (15) G					
33.45 S	F	50 Free	25/11/2007	4 Towns Ruthin 251107	
1:11.72 S	F	100 Free	26/04/2008	SWN National League Round 1	
2:33.42 S	F	200 Free	24/05/2008	SWN National League Round 2	
39.18 S	F	50 Back	20/05/2007	Friendly Gala 20th May 07	
52.09 S	F	50 Breast	21/05/2006	Training Data 21/5/06	
34.00 S	F	50 Fly	18/05/2008	DenDev Gala Ruthin	
1:24.14 S	F	100 Fly	24/05/2008	SWN National League Round 2	
1:30.84 S	F	100 IM	19/11/2006	CNRSC Club Championships 06	
Sera Pierce (11) G					
19.17 S	F	25 Free	18/11/2006	Wrexham HSBC 5th. Junior Sprint Meet	
38.07 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
24.39 S	F	25 Back	18/11/2006	Wrexham HSBC 5th. Junior Sprint Meet	
37.65 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
44.09 S	F	25 Breast	21/05/2006	Training Data 21/5/06	
22.75 S	F	25 Fly	19/11/2006	CNRSC Club Championships 06	
46.75 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
2:10.26 S	F	100 IM	19/11/2006	CNRSC Club Championships 06	
Zoe Pritchard (13) G					
1:04.54 S	F	50 Free	30/09/2007	CNRSC Club Championships 07	
1:01.15 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
1:08.28 S	F	50 Breast	30/09/2007	CNRSC Club Championships 07	
Sophie Reay (10) G					
18.01 S	F	25 Free	17/11/2007	6th. Junior Sprint Meet	
36.31 S	F	50 Free	06/12/2008	DenDev Gala Rhyl	
1:24.31 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
x3:10.89 S	F	200 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
x6:39.37 S	F	400 Free	29/11/2008	NEWSA Sub Regional Champs 2008	
20.62 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
44.77 S	F	50 Back	04/10/2008	Swim Wales North SuperShrimps 2008	
1:36.47 S	F	100 Back	03/05/2008	Wrexham 5th Spring Meet Level 1	
23.17 S	F	25 Breast	17/11/2007	6th. Junior Sprint Meet	
46.26 S	F	50 Breast	04/10/2008	Swim Wales North SuperShrimps 2008	
1:43.23 S	F	100 Breast	24/05/2008	SWN National League Round 2	
3:43.65 S	F	200 Breast	03/05/2008	Wrexham 5th Spring Meet Level 1	
22.34 S	F	25 Fly	15/07/2007	4 Towns Chirk 150707	
44.07 S	F	50 Fly	06/12/2008	DenDev Gala Rhyl	
1:53.46 S	F	100 Fly	31/05/2008	Regional Development Meet 2008	
54.71 S	F	50 IM	21/05/2006	Training Data 21/5/06	
1:32.10 S	F	100 IM	11/11/2008	Urdd Regional Meets	
x3:20.36 S	F	200 IM	29/11/2008	NEWSA Sub Regional Champs 2008	
Gwen Rees (11) G					
49.51 S	F	50 Free	12/01/2008	Valentine 2008 Graded Meet	
1:02.57 S	F	50 Breast	12/01/2008	Valentine 2008 Graded Meet	
Louise Retout (11) G					
52.56 S	F	50 Free	10/06/2007	4 Towns Denbigh 100607	
58.61 S	F	50 Back	21/04/2007	Diddy Gala 2007	
1:01.48 S	F	50 Breast	21/04/2007	Diddy Gala 2007	
Catrin Roberts (15) G					
45.12 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
51.25 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
59.93 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
Ellie Roberts (10) G					
20.46 S	F	25 Free	15/07/2007	4 Towns Chirk 150707	
49.68 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
24.71 S	F	25 Back	30/09/2007	CNRSC Club Championships 07	
54.12 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
29.86 S	F	25 Breast	19/11/2006	CNRSC Club Championships 06	
59.11 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
25.96 S	F	25 Fly	30/09/2007	CNRSC Club Championships 07	
59.00 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	

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Time	P/F/S	Event			
Harriet Roberts (11) G					
19.66 S	F	25 Free	17/11/2007	6th. Junior Sprint Meet	
45.03 S	F	50 Free	08/12/2007	4 Towns Rhyl 081207	
25.09 S	F	25 Back	19/11/2006	CNRSC Club Championships 06	
53.34 S	F	50 Back	30/09/2007	CNRSC Club Championships 07	
24.15 S	F	25 Breast	17/11/2007	6th. Junior Sprint Meet	
47.19 S	F	50 Breast	06/12/2008	DenDev Gala Rhyl	
1:44.56 S	F	100 Breast	29/11/2008	NEWSA Sub Regional Champs 2008	
58.59 S	F	50 Fly	26/06/2008	CNRSC Time Trials 270608	
1:48.51 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Isabella Roberts (11) G					
25.32 S	F	25 Free	16/03/2008	Training times 16/3/08	
47.75 S	F	50 Free	26/06/2008	CNRSC Time Trials 270608	
1:01.31 S	F	50 Back	26/06/2008	CNRSC Time Trials 270608	
26.94 S	F	25 Breast	17/11/2007	6th. Junior Sprint Meet	
57.16 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
1:58.36 S	F	100 Breast	29/11/2008	NEWSA Sub Regional Champs 2008	
1:00.84 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
2:04.51 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Magi Roberts (9) G					
30.92 S	F	25 Free	28/09/2008	CNRSC Club Championships 08	
28.00 S	F	25 Back	28/09/2008	CNRSC Club Championships 08	
35.87 S	F	25 Breast	28/09/2008	CNRSC Club Championships 08	
42.51 S	F	25 Fly	10/08/2007	Water Dragons Gala	
Holly Slater (8) G					
21.12 S	F	25 Free	26/06/2008	CNRSC Time Trials 270608	
37.58 S L	F	50 Free	06/10/2007	Swim Wales North SuperShrimps 2007	
23.61 S	F	25 Back	28/09/2008	CNRSC Club Championships 08	
25.28 S	F	25 Breast	11/11/2008	Urdd Regional Meets	
59.15 S	F	50 Breast	19/07/2008	Welsh National League FINAL	
22.85 S	F	25 Fly	11/11/2008	Urdd Regional Meets	
1:00.31 S	F	50 Fly	26/06/2008	CNRSC Time Trials 270608	
1:58.03 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Lowri Swygart (10) G					
20.43 S	F	25 Free	18/05/2008	DenDev Gala Ruthin	
44.57 S	F	50 Free	04/10/2008	Swim Wales North SuperShrimps 2008	
1:39.12 S	F	100 Free	28/09/2008	CNRSC Club Championships 08	
24.93 S	F	25 Back	19/04/2008	Diddy Gala 2008	
49.79 S	F	50 Back	06/12/2008	DenDev Gala Rhyl	
23.92 S	F	25 Breast	19/04/2008	Diddy Gala 2008	
49.68 S	F	50 Breast	04/10/2008	Swim Wales North SuperShrimps 2008	
2:04.09 S	F	100 Breast	16/03/2008	Training times 16/3/08	
24.60 S	F	25 Fly	16/03/2008	Training times 16/3/08	
58.40 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08	
1:58.75 S	F	100 IM	28/09/2008	CNRSC Club Championships 08	
Zoe Welman (13) G					
34.23 S	F	50 Free	06/12/2008	DenDev Gala Rhyl	
1:21.05 S	F	100 Free	25/10/2008	Geoff Drew Memorial Meet 2008	
42.38 S	F	50 Back	19/04/2008	Diddy Gala 2008	
1:29.80 S	F	100 Back	25/10/2008	Geoff Drew Memorial Meet 2008	
47.28 S	F	50 Breast	18/05/2008	DenDev Gala Ruthin	
1:43.71 S	F	100 Breast	25/10/2008	Geoff Drew Memorial Meet 2008	
Erin Williams (12) G					
51.70 S	F	50 Free	28/09/2008	CNRSC Club Championships 08	
54.03 S	F	50 Back	28/09/2008	CNRSC Club Championships 08	
1:03.87 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08	
Libby Williams (10) G					
22.00 S	F	25 Free	08/06/2008	DenDev Gala Chirk	
49.39 S	F	50 Free	20/04/2008	Training Times 200408	
26.09 S	F	25 Back	08/06/2008	DenDev Gala Chirk	
59.97 S	F	50 Back	31/05/2008	Regional Development Meet 2008	
59.72 S	F	50 Breast	31/05/2008	Regional Development Meet 2008	
1:11.99 S	F	50 Fly	31/05/2008	Regional Development Meet 2008	
4:35.39 S	F	200 IM	31/05/2008	Regional Development Meet 2008	

Individual Top Times
Show Short Course Only

Time	P/F/S	Event		
Magi Williams (11) G				
51.64 S	F	50 Free	28/09/2008	CNRSC Club Championships 08
1:04.39 S	F	50 Back	28/09/2008	CNRSC Club Championships 08
1:00.48 S	F	50 Breast	28/09/2008	CNRSC Club Championships 08
Nia Williams (10) G				
48.72 S	F	50 Back	11/11/2008	Urdd Regional Meets
Karen Wong (16) G				
15.20 S	F	25 Free	16/03/2008	Training times 16/3/08
32.60 S	F	50 Free	18/05/2008	DenDev Gala Ruthin
1:11.84 S	F	100 Free	24/05/2008	SWN National League Round 2
43.06 S	F	50 Breast	18/05/2008	DenDev Gala Ruthin
41.65 S	F	50 Fly	28/09/2008	CNRSC Club Championships 08
1:23.99 S	F	100 IM	06/12/2008	DenDev Gala Rhyl
3:02.08 S	F	200 IM	24/05/2008	SWN National League Round 2