

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Women 11-12 50 Free</b>								
1	31.05	L AAAA	F Rebecca Nanjala	12	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
2	32.30	L AAAA	P *I Gabriella Helberg	12	GEMS ZZ	15/02/2019	2019 KSF Long Course Nationals	
3	32.46	L AAAA	P Wairimu Karanu	12	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
4	32.49	L AAAA	P Kario Karani	12	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
5	32.72	L AAAA	P Kagure Maina	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
6	32.79	L AAAA	F Elizabeth Mayende	11	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi	
7	32.92	L AAAA	F *I Maisha Done	12	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi	
8	32.15	S AAAA	F Ashley Kagwima	12	HSSCA ZZ	09/03/2019	Nairobi County Junior Championships	
9	32.99	L AAAA	F Duini Caffini	11	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
10	33.00	L AAAA	F *I Jessica Apsey	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi	
11	33.21	S AAAA	F Natasha Thurania	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
12	34.20	L	F *I Natalie Lutalo	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
13	33.44	S	F Maina Kagure	12	ROSE ZZ	09/03/2019	Nairobi County Junior Championships	
14	34.26	L	F Tracey Wangalwa	12	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi	
15	34.27	L	P Maya Chepnetich Rotich	12	LASAL ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
16	34.61	L	P *I Antisha Ssuna	12	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
17	33.84	S	F Thalia Davies	11	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
18	34.89	L	F Emma Wambui	12	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals	
19	35.00	L	F Audrey Chebet Langat	11	ROSE ZZ	17/05/2019	Nairobi County Swimming Champi	
20	34.41	S	F Aaliyah Webber	12	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
21	34.49	S	F Jasmine Pendo	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
22	35.33	L	F Wangechi Maina	11	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi	
23	34.58	S	F Joy Aleyo	12	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
24	34.66	S	F Zikra Jaffer	11	BOSC ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
25	35.77	L	P Rianna Shah	12	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals	
26	35.78	L	F Kwamboka Masese	12	BBLES ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
27	35.04	S	F Nellie Kamau	12	KENTC ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
28	35.14	S	P *I Karimah Katemba	11	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
29	36.04	L	F Diva Shah	12	KENTC ZZ	17/05/2019	Nairobi County Swimming Champi	
30	35.29	S	F Lanoi Leperes	12	SILS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
<b>Women 11-12 100 Free</b>								
1*	1:10.28	L AAAA	F Ashley Kagwima	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
1*	1:10.28	L L AAAA	F Rebecca Nanjala	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
3	1:08.78	S SAAAA	F *I Gabriella Helberg	12	GEMS ZZ	21/06/2019	Super Swim League Round 3	
4	1:11.79	L AAAA	P Wairimu Karanu	12	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
5	1:11.19	S SAAAA	F Nicola Murungi	12	UNATT ZZ	21/06/2019	Super Swim League Round 3	
6	1:13.53	L AAAA	F Kario Karani	12	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
7	1:14.25	L AAAA	F Duini Caffini	11	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
8	1:14.34	L AAAA	P Kagure Maina	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
9	1:15.14	L AAAA	F *I Maisha Done	12	SEAH ZZ	06/07/2019	The Manchester Non National Me	
10	1:13.68	S AAAA	F Joy Aleyo	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
11	1:15.74	L AAAA	F *I Natalie Lutalo	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
12	1:16.45	L AAAA	F *I Jessica Apsey	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi	
13	1:16.78	L AAAA	F Elizabeth Mayende	12	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi	
14	1:15.43	S AAAA	F Natasha Thurania	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
15	1:15.50	S SAAAA	F Aaliyah Webber	12	GEMS ZZ	21/06/2019	Super Swim League Round 3	
16	1:16.62	S AAAA	F Zikra Jaffer	11	BOSC ZZ	26/04/2019	CASA GRAND PRIX 3	
17	1:18.91	L AAAA	P Kwamboka Masese	12	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
18	1:17.50	S AAAA	F Serah Makenna Mawira	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
19	1:18.24	S AAAA	F Jasmine Pendo	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
20	1:20.64	L AAAA	P Emma Wambui	12	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals	
21	1:19.13	S AAAA	F *I Antisha Ssuna	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
22	1:19.19	S AAAA	F Wangechi Maina	11	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	

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	Time		P/F/S	Name	Age/Yr				
23	1:20.85	L	AAAA	P *1 Amelia Mudanye	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
24	1:20.92	L	AAAA	F Moige Kotut	12	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi	
25	1:19.50	S	SAAAA	F Rianna Shah	12	OTTER ZZ	21/06/2019	Super Swim League Round 3	
26	1:19.66	S	AAAA	F Emma Miano	12	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
27	1:20.22	S	AAAA	F Lanoi Leperes	12	SILS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
28	1:20.24	S	AAAA	F Lailah Mugambi	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
29	1:20.92	S	AAAA	F Angel Williams	11	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
30	1:21.01	S	AAAA	F Audrey Chebet Langat	11	KIDS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
<b>Women 11-12 50 Back</b>									
1	37.59	L	AAAA	F Rebecca Nanjala	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
2	37.89	L	AAAA	F Wairimu Karanu	12	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
3	38.08	L	AAAA	F *1 Jessica Apsey	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi	
4	38.51	L	AAAA	F Ashley Kagwima	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
5	38.17	S	AAAA	F Kagure Maina	12	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
6	39.02	L	AAAA	F *1 Gabriella Helberg	12	GEMS ZZ	15/02/2019	2019 KSF Long Course Nationals	
7	38.50	S	AAAA	F Duini Caffini	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
8	38.78	S	AAAA	F Rianna Shah	12	OTTER ZZ	15/03/2019	Super Swim League - Round 1	
9	39.95	L	AAAA	F Kario Karani	12	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
10	39.44	S	AAAA	F Maina Kagure	12	ROSE ZZ	09/03/2019	Nairobi County Junior Championships	
11	39.45	S	AAAA	F *1 Maisha Done	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	
12	39.53	S	AAAA	F Joy Aleyo	12	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
13*	39.85	S	AAAA	P *1 Karimah Katemba	11	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
13*	39.85	S	AAAA	F Zikra Jaffer	11	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
15	41.27	L	AAAA	F Audrey Chebet Langat	11	ROSE ZZ	17/05/2019	Nairobi County Swimming Champi	
16	41.12	S	AAAA	F Thalia Davies	11	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
17	41.24	S	AAAA	F Lailah Mugambi	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
18	41.74	S	AAAA	F Kyra Makena	11	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
19	42.00	S	AAAA	P Ivet Gitiba	12	NYALI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
20	42.61	L	AAAA	F Michelle MACHARIA	12	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
21	42.67	L	AAAA	P *1 Antisha Ssuna	12	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
22	42.47	S		F Nellie Kamau	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
23	43.20	L		F *1 Natalie Lutalo	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
24	42.84	S		F *1 Aaliya Takim	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
25	42.92	S		P Aaliyah Webber	12	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
26	43.90	L		P *1 Amelia Mudanye	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
27	43.37	S L		F Neema Ng'ang'a	12	LCVR ZZ	09/03/2019	Nairobi County Junior Championships	
28	43.43	S		F *1 Isobel Bush	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	
29	43.53	S		F Micaela Murugu	12	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
30	43.57	S		F Tara Grammaticas	11	BANDA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
<b>Women 11-12 100 Back</b>									
1	1:19.19	S	AAAA	F Ashley Kagwima	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
2	1:22.94	L	AAAA	F *1 Gabriella Helberg	12	GEMS ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
3	1:21.75	S	SAAAA	F Wairimu Karanu	12	SEAH ZZ	21/06/2019	Super Swim League Round 3	
4	1:22.48	S	AAAA	F Rebecca Nanjala	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
5	1:22.52	S	AAAA	F Zikra Jaffer	11	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
6	1:23.42	S	AAAA	F Kagure Maina	12	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
7	1:23.57	S	SAAAA	F Rianna Shah	12	OTTER ZZ	21/06/2019	Super Swim League Round 3	
8	1:23.79	S	AAAA	F Duini Caffini	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
9	1:26.31	L	AAAA	F Kario Karani	12	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
10	1:27.10	L	AAAA	F *1 Jessica Apsey	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi	
11	1:26.30	S	AAAA	F Joy Aleyo	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
12	1:28.84	S	AAAA	F *1 Antisha Ssuna	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
13	1:30.44	S	AAAA	F Lailah Mugambi	12	MAKIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
14	1:30.88	S	AAAA	F *1 Isobel Bush	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	

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	Time	P/F/S	Name	Age/Yr			
15	1:32.65	L AAAA	F *I Maisha Done	12	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
16	1:33.28	L AAAA	F *I Natalie Lutalo	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
17	1:34.22	L AAAA	F Michelle MACHARIA	12	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
18	1:33.75	S AAAA	F Kyra Makena	11	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
19	1:33.83	S AAAA	F Thalia Davies	11	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	1:33.84	S AAAA	F Serah Makenna Mawira	12	BHS ZZ	08/06/2019	Lifetime Age Group & Open Cham
21	1:33.85	S AAAA	F Audrey Chebet Langat	11	KIDS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	1:34.40	S AAAA	F Maya Chepngetich	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
23	1:34.45	S AAAA	F Wangechi Maina	11	HSSCA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
24	1:35.17	S	F Natasha Thurania	11	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
25	1:35.84	S	F Abby Karanja	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	1:36.20	S	F Neeshi Shavdia	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
27	1:37.05	S	F Tshomela Muriuki	11	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
28	1:38.56	L	F Maya Chepngetich	12	LASAL ZZ	17/05/2019	Nairobi County Swimming Champi
29	1:38.58	L	F Elizabeth Mayende	11	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi
30	1:39.64	L	F Diva Shah	12	KENTC ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Women 11-12 50 Breast</b>							
1	40.56	L AAAA	F *I Antisha Ssuna	12	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals
2	40.89	L AAAA	P *I Amelia Mudanye	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
3	41.36	L AAAA	F *I Maisha Done	12	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
4	41.50	L AAAA	F Rebecca Nanjala	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
5	41.95	L AAAA	F Elizabeth Mayende	11	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi
6	42.35	L AAAA	P Duini Caffini	11	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
7	42.70	L AAAA	F Natasha Thurania	11	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group
8	43.44	S	P *I Karimah Katemba	11	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
9	44.50	L	P *I Daniella Kirabo	12	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
10	44.71	L	F Emma Wambui	12	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group
11	45.06	L	F *I Jessica Apsey	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi
12	44.97	S	F Emma Miano	12	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
13	45.97	L	F Lanoi Leperes	12	UNATT ZZ	17/05/2019	Nairobi County Swimming Champi
14	45.40	S	F Ashley Kagwima	12	HSSCA ZZ	09/03/2019	Nairobi County Junior Championships
15	46.43	L	F *I Natalie Lutalo	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
16	46.59	L	F Moige Kotut	12	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
17	46.02	S	P Haadiyah Jamal	12	NYALI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
18	47.17	L	F Diva Shah	12	KENTC ZZ	17/05/2019	Nairobi County Swimming Champi
19	47.30	L	F Mara Stolarow	12	BANDA ZZ	17/05/2019	Nairobi County Swimming Champi
20	46.37	S	F Wairimu Karanu	12	SEAH ZZ	03/05/2019	Super Swim League - Round 2
21	47.67	L	F Teniola Havi	12	LSC ZZ	17/05/2019	Nairobi County Swimming Champi
22	47.80	L	F Aaliyah Webber	12	GEMS ZZ	15/02/2019	2019 KSF Long Course Nationals
23	46.88	S	F Micaela Murugu	12	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin
24	46.90	S	F Kario Karani	12	OTTER ZZ	03/05/2019	Super Swim League - Round 2
25	47.05	S	F *I Gabriella Helberg	12	GEMS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	47.15	S	F Iman Kaiza	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
27	48.54	L	F Najma Feisal	12	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
28	48.82	L	F Wangechi Maina	11	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
29	48.08	S	F *I Aliyana Kachra	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
30	49.21	L	F Sharon Moegi	12	KIDS ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Women 11-12 100 Breast</b>							
1	1:31.13	S AAAA	F *I Maisha Done	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
2	1:33.53	L AAAA	F *I Antisha Ssuna	12	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	1:32.48	S AAAA	F Duini Caffini	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
4	1:34.51	L AAAA	F *I Amelia Mudanye	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
5	1:35.36	L AAAA	P Natasha Thurania	11	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group
6	1:35.64	S AAAA	F Rebecca Nanjala	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio

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7	1:37.67	L	AAAA	F	Emma Wambui	12	BNDRI ZZ	03/04/2019 SA Level 2 Regional Age Group
8	1:36.63	S	AAAA	F	Emma Miano	12	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
9	1:37.16	S	AAAA	F	Ashley Kagwima	12	HSSCA ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
10	1:39.78	L	AAAA	F	Elizabeth Mayende	11	LCVR ZZ	17/05/2019 Nairobi County Swimming Champi
11	1:40.07	L	AAAA	F	*I Jessica Aposey	12	BANDA ZZ	17/05/2019 Nairobi County Swimming Champi
12	1:38.42	S	AAAA	P	*I Karimah Katemba	11	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
13	1:39.66	S	AAAA	F	Micaela Murugu	12	SEAH ZZ	15/03/2019 Super Swim League - Round 1
14	1:39.74	S	AAAA	F	Wairimu Karanu	12	SEAH ZZ	15/03/2019 Super Swim League - Round 1
15	1:42.03	L	AAAA	P	Seran Gumo	12	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals
16	1:42.18	L	AAAA	F	Lanoi Leperes	12	UNATT ZZ	17/05/2019 Nairobi County Swimming Champi
17	1:42.62	L	AAAA	P	*I Daniella Kirabo	12	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
18	1:44.64	L	AAAA	F	Tracey Wangalwa	12	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
19	1:42.96	S	AAAA	F	*I Gabriella Helberg	12	GEMS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
20	1:43.08	S	AAAA	P	Rebecca Koros	12	GVSE ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
21	1:45.30	L	AAAA	P	Haadiyah Jamal	12	MPSC ZZ	15/02/2019 2019 KSF Long Course Nationals
22	1:45.46	L	AAAA	F	Aaliyah Webber	12	GEMS ZZ	15/02/2019 2019 KSF Long Course Nationals
23	1:43.89	S	AAAA	F	Michelle Irungu	11	KESS ZZ	15/03/2019 Super Swim League - Round 1
24	1:46.24	L	AAAA	F	Virginia Wangare	12	LSC ZZ	17/05/2019 Nairobi County Swimming Champi
25	1:44.59	S	AAAA	F	Iman Kaiza	12	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
26	1:45.18	S	AAAA	P	Diva Shah	12	KENTC ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
27	1:45.21	S	AAAA	F	*I Aliyana Kachra	11	BFINS ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
28	1:47.76	L	AAAA	F	Teniola Havi	12	LSC ZZ	17/05/2019 Nairobi County Swimming Champi
29	1:49.92	L		F	Esther Kahuko	11	OTTER ZZ	30/11/2018 JUNIOR SWIMMING CHAMPIONSHIP
30	1:48.53	S		F	Anisa Adell	12	BRASD ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
<b>Women 11-12 50 Fly</b>								
1	34.27	L	AAAA	F	Kario Karani	12	OTTER ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
2	35.17	L	AAAA	F	Rebecca Nanjala	12	KENYA ZZ	16/02/2019 CANA Zone IV Championships 2019
3	34.91	S	SAAAA	F	*I Gabriella Helberg	12	GEMS ZZ	21/06/2019 Super Swim League Round 3
4	35.64	L	AAAA	F	Ashley Kagwima	12	KENYA ZZ	16/02/2019 CANA Zone IV Championships 2019
5	36.60	L	AAAA	F	*I Jessica Aposey	12	BANDA ZZ	15/02/2019 2019 KSF Long Course Nationals
6	37.14	L	AAAA	F	Wangechi Maina	11	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi
7	37.55	L	AAAA	F	Wairimu Karanu	12	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi
8	37.34	S	AAAA	F	Joy Aleyo	12	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
9	37.69	S	SAAAA	F	*I Maisha Done	12	SEAH ZZ	21/06/2019 Super Swim League Round 3
10	37.76	S	AAAA	F	Duini Caffini	11	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
11	38.21	S	SAAAA	F	Nicola Murungi	12	UNATT ZZ	21/06/2019 Super Swim League Round 3
12	38.35	S	AAAA	F	Kagure Maina	12	STKRS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
13	38.57	S	AAAA	F	Zikra Jaffer	11	BOSC ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
14	39.27	L	AAAA	F	Thalia Davies	11	KENTC ZZ	15/02/2019 2019 KSF Long Course Nationals
15	39.49	L	AAAA	P	Elizabeth Mayende	11	LCVR ZZ	15/02/2019 2019 KSF Long Course Nationals
16	39.05	S	AAAA	F	Natasha Thuraniira	11	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
17	39.92	L	AAAA	F	Rianna Shah	12	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals
18	39.54	S	AAAA	F	*I Aaliya Takim	11	BFINS ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
19*	39.65	S	SAAAA	F	Seran Gumo	12	OTTER ZZ	21/06/2019 Super Swim League Round 3
19*	39.65	S	SAAAA	F	Zoe Gumo	11	OTTER ZZ	21/06/2019 Super Swim League Round 3
21	39.67	S	AAAA	F	Diva Shah	12	KENTC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
22	40.47	L	AAAA	F	*I Amelia Mudanyo	11	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
23	40.14	S	AAAA	F	Jasmine Pendo	11	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
24	40.16	S	AAAA	F	*I Karimah Katemba	11	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
25	41.28	L	AAAA	P	*I Natalie Lutalo	11	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
26	40.75	S		F	Kyra Makena	11	STKRS ZZ	09/03/2019 Nairobi County Junior Championships
27	41.04	S		F	Theodora Maruti	11	LSC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
28	41.25	S	S	F	Aaliyah Webber	12	GEMS ZZ	21/06/2019 Super Swim League Round 3
29	41.36	S		F	Sharon Moegi	12	KIDS ZZ	09/03/2019 Nairobi County Junior Championships

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
30	41.64 S	F	Maina Kagure	12	ROSE ZZ	09/03/2019	Nairobi County Junior Championships
<b>Women 11-12 100 Fly</b>							
1	1:20.44 L	AAAA F	Ashley Kagwima	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
2	1:21.09 L	AAAA F	Rebecca Nanjala	12	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
3	1:25.02 S	AAAA F	Kario Karani	12	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
4	1:29.10 L	AAAA F	Wairimu Karanu	12	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
5	1:30.53 S	AAAA F	Zikra Jaffer	11	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
6	1:30.63 S	AAAA F	Kagure Maina	12	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
7	1:30.78 S	AAAA F	Wangechi Maina	11	HSSCA ZZ	25/01/2019	Nairobi County Level 2 Swimmin
8	1:32.22 S	F	Jasmine Pendo	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
9	1:32.33 S	F	Duini Caffini	11	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
10	1:32.54 S	P	*1 Karimah Katemba	11	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
11	1:37.07 S	F	Natasha Thuraniira	11	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
12	1:37.53 S	F	Amanda Kadzo	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	1:39.27 L	F	Mary Nyambura	11	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
14	1:38.57 S	F	Seran Gumo	12	OTTER ZZ	03/05/2019	Super Swim League - Round 2
15	1:38.90 S	F	Diva Shah	12	KENTC ZZ	25/01/2019	Nairobi County Level 2 Swimmin
16	1:40.46 S	F	Kyra Makena	11	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
17	1:41.14 S	F	Neeshi Shavdia	12	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
18	1:41.66 S	F	Emma Miano	12	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
19	1:42.19 S	F	Zoe Gumo	11	OTTER ZZ	03/05/2019	Super Swim League - Round 2
20	1:42.59 S	F	Joy Aleyo	12	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
21	1:42.95 S	F	Imrana Ali	11	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	1:44.72 L	F	Thalia Davies	11	KENTC ZZ	17/05/2019	Nairobi County Swimming Champi
23*	1:43.98 S	F	Audrey Chebet Langat	11	ROSE ZZ	08/06/2019	Lifetime Age Group & Open Cham
23*	1:43.98 S	F	Kwamboka Masese	12	BBLES ZZ	25/01/2019	Nairobi County Level 2 Swimmin
25	1:44.19 S	F	Tracey Wangalwa	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	1:44.86 S	F	*1 Aliyana Kachra	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	1:45.63 S	F	*1 Aaliya Takim	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
28	1:45.99 S	F	Tshomela Muriuki	11	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
29	1:47.83 L	F	Maya Chepngetich	12	LASAL ZZ	17/05/2019	Nairobi County Swimming Champi
30	1:48.37 L	F	Elizabeth Mayende	11	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Women 13-14 50 Free</b>							
1	28.01 L	AAAA F	*1 Kirabo Namutebi	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
2	29.67 L	AAAA F	*1 Maria Perner	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
3	29.91 L	AAAA F	*1 Chiamaka Kanu	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
4	30.53 L	AAAA F	Gakenia Mwige	14	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	30.68 L	AAAA F	Reese Gore	13	KESS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
6	31.07 L	AAAA F	Lenise Wanakai	14	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
7	31.11 L	AAAA F	*1 Kangi Neema	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
8	31.67 L	AAAA F	Regina Gichovi	14	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	31.04 S	AAAA F	Maria Bianchi	13	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
10	31.28 S	AAAA F	*1 Swagia Mubiru	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
11	31.31 S	AAAA F	Lubaina Islam Ali	13	MAQ ZZ	08/02/2019	grand prix 1
12	32.61 L	AAAA F	Neema Kitonga	14	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
13	32.68 L	AAAA F	Erica Wangechi	13	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
14	32.80 L	AAAA F	Cynthia Karanja	13	HSSCA ZZ	15/02/2019	2019 KSF Long Course Nationals
15	32.83 L	AAAA P	Sidney Mulemi	13	HSSCA ZZ	15/02/2019	2019 KSF Long Course Nationals
16	32.90 L	AAAA F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
17	32.92 L	AAAA F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
18	33.09 L	AAAA F	*1 Emma Wappler	13	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
19	33.13 L	AAAA F	Lenise Wanakai	14	AKAN ZZ	17/05/2019	Nairobi County Swimming Champi
20	33.24 L	AAAA F	Mariam Kiragu	13	DMSS ZZ	18/01/2019	14th BSSA Nationals 18-20 Jan
21	32.55 S	AAAA F	Sheila Kimeto	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
22	34.11 L	F	Sidney Mulemi	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
23	34.15 L	F	Wema Nyamu	14	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	33.40 S L	F	Lisa Mumma	14	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
25	33.42 S	F	Vivian Hillier	14	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
26	33.46 S	F	Tugi Mwige	13	MAQ ZZ	08/02/2019	grand prix 1
27	34.29 L	F	Princess Favour Achieng	14	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
28	33.53 S	F	Cheryl Kamotho	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
29	34.50 L	P	Stacy Bonareri	14	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
30	34.61 L	F	Christine Wairimu	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
<b>Women 13-14 100 Free</b>							
1	1:02.38 S	AAAA F	*1 Kirabo Namutebi	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
2	1:06.32 L	AAAA P	Lubaina Islam Ali	13	KENYA ZZ	11/09/2019	Africa Junior Championships
3	1:07.32 L	AAAA P	Gakenia Mwige	14	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	1:05.77 S	AAAA F	Maria Bianchi	13	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
5	1:08.16 L	AAAA F	Lenise Wanakai	14	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
6	1:09.12 L	AAAA F	*1 Maria Perner	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
7	1:09.95 L	AAAA F	*1 Kangi Neema	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
8	1:10.09 L	AAAA F	*1 Chiamaka Kanu	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	1:10.28 L	AAAA P	Reese Gore	13	KESS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
10	1:11.45 L	AAAA F	Cynthia Karanja	13	HSSCA ZZ	15/02/2019	2019 KSF Long Course Nationals
11	1:12.69 L	AAAA P	Regina Gichovi	14	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
12*	1:12.81 L	AAAA F	Mariam Kiragu	13	DMSS ZZ	18/01/2019	14th BSSA Nationals 18-20 Jan
12*	1:12.81 L	AAAA F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
14	1:11.35 S	AAAA F	*1 Emma Wappler	13	GS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
15	1:11.68 S	AAAA F	Erica Wangechi	13	MAKIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
16	1:12.08 S	AAAA F	Tugi Mwige	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
17	1:12.70 S	AAAA F	Neema Kitonga	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
18	1:15.17 L	AAAA F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
19	1:13.94 S	AAAA F	Vivian Hillier	14	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
20	1:15.74 L	AAAA F	Ruby Okumu	14	LCVR ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	1:15.92 L	AAAA P	Sidney Mulemi	13	HSSCA ZZ	15/02/2019	2019 KSF Long Course Nationals
22	1:16.89 L	AAAA F	Princess Favour Achieng	14	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
23	1:16.98 L	AAAA F	Sidney Mulemi	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
24	1:17.25 L	AAAA P	Turi Kiburi	14	RUSIN ZZ	15/02/2019	2019 KSF Long Course Nationals
25	1:15.91 S	F	Maya Melesi	14	HIS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
26	1:17.82 L	P	Cheryl Kamotho	13	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
27	1:16.78 S	F	Deeya Shah	13	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
28	1:19.06 L	P	Stacy Bonareri	14	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
29	1:17.48 S	F	Wema Nyamu	14	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
30	1:17.92 S	F	Eowyn Luchters	13	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
<b>Women 13-14 50 Back</b>							
1	32.76 S	AAAA F	*1 Kirabo Namutebi	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
2	34.17 S	AAAA F	Gakenia Mwige	14	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
3	35.29 L	AAAA F	Lenise Wanakai	14	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
4	35.34 S	AAAA F	Lubaina Islam Ali	13	MAQ ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
5	35.88 S	AAAA F	Maria Bianchi	13	SSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
6	36.02 S	AAAA F	*1 Swagia Mubiru	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
7	36.90 L	AAAA F	*1 Maria Perner	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
8	37.09 L	AAAA F	Wema Nyamu	14	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
9	37.59 L	AAAA F	*1 Chiamaka Kanu	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
10	38.05 L	AAAA F	*1 Kangi Neema	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
11	37.68 S	AAAA F	Tugi Mwige	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
12	38.72 L	AAAA F	*1 Emma Wappler	13	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
13	39.11 L	AAAA F	Erica Wangechi	13	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr			
14	39.18	L	AAAA	F	Mariam Kiragu	13	DMSS ZZ	17/11/2018 13th UB Gala 17-11-2018
15	39.84	L	AAAA	F	Aagya Tripathee	14	OTTER ZZ	17/05/2019 Nairobi County Swimming Champi
16	39.87	L	AAAA	F	Stacy Bonareri	14	TORP ZZ	15/02/2019 2019 KSF Long Course Nationals
17	39.35	S	AAAA	F	Sheila Kimeto	13	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
18	39.40	S	AAAA	P	Reese Gore	13	KESS ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
19	39.57	S	AAAA	F	Rachel Michelle Muriithi	14	BBLES ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
20	40.04	S	AAAA	F	Molly Muhoho	14	BANDA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
21	40.46	S	AAAA	P	Vivian Hillier	14	OAMSA ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
22	41.35	L		P	Cynthia Karanja	13	HSSCA ZZ	15/02/2019 2019 KSF Long Course Nationals
23	40.76	S		F	Eowyn Luchters	13	BSC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
24	41.06	S		F	Rachel Irungu	14	BHS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
25	41.17	S		F	Natasha Nanji	13	SEAH ZZ	14/07/2019 Borough of Barnsley Summer Siz
26	41.62	S		F	Alexandra Kontos	13	SEAH ZZ	15/03/2019 Super Swim League - Round 1
27	42.46	L		F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi
28	42.20	S		F	Maya Melesi	14	HIS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
29	42.29	S		F	Turi Kiburi	14	RUSIN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
30	43.08	L		F	Maria Mwasha	13	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
<b>Women 13-14 100 Back</b>								
1	1:14.29	L	AAAA	F	*I Kirabo Namutebi	14	UGAND ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO
2	1:13.30	S	AAAA	F	Gakenia Mwige	14	MAQ ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
3	1:15.48	L	AAAA	P	Lenise Wanakai	14	KENYA ZZ	11/09/2019 Africa Junior Championships
4	1:18.09	S	AAAA	F	Maria Bianchi	13	BOSC ZZ	26/04/2019 CASA GRAND PRIX 3
5	1:20.80	L	AAAA	F	Lubaina Islam Ali	13	KENYA ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO
6	1:21.70	L	AAAA	F	Lenise Wanakai	14	AKAN ZZ	17/05/2019 Nairobi County Swimming Champi
7	1:22.42	L	AAAA	F	*I Kangi Neema	13	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
8	1:22.99	L	AAAA	F	*I Emma Wappler	13	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals
9	1:22.04	S	AAAA	F	Tugi Mwige	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS
10	1:23.43	L	AAAA	F	Wema Nyamu	14	KESS ZZ	15/02/2019 2019 KSF Long Course Nationals
11	1:23.73	S	AAAA	F	Regina Gichovi	14	LCVR ZZ	25/01/2019 Nairobi County Level 2 Swimmin
12	1:26.31	L	AAAA	P	Erica Wangechi	13	MAKIN ZZ	15/02/2019 2019 KSF Long Course Nationals
13	1:26.32	L	AAAA	F	Mariam Kiragu	13	DMSS ZZ	04/04/2019 2nd DMSS Gators Annual Swim Ga
14	1:28.98	L		F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
15	1:27.95	S		F	Molly Muhoho	14	BANDA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
16	1:30.24	L		F	Aagya Tripathee	14	OTTER ZZ	17/05/2019 Nairobi County Swimming Champi
17	1:30.11	S		F	Vivian Hillier	14	BNDRI ZZ	26/04/2019 CASA GRAND PRIX 3
18	1:31.01	S		F	Sheila Kimeto	13	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
19	1:31.24	S		F	Maya Melesi	14	HIS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
20	1:32.57	L		F	*I Swagia Mubiru	14	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
21	1:32.62	L		F	Ruhi Chandaria	14	AKAN ZZ	17/05/2019 Nairobi County Swimming Champi
22	1:33.45	L		F	Maria Mwasha	13	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
23	1:32.86	S		F	Cynthia Karanja	13	HSSCA ZZ	25/01/2019 Nairobi County Level 2 Swimmin
24	1:33.08	S		F	Rachel Irungu	14	BHS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
25	1:33.62	S		F	Shana Ombajo	13	KESS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
26	1:33.72	S S		F	Natasha Nanji	13	SEAH ZZ	21/06/2019 Super Swim League Round 3
27	1:33.95	S		F	Marie-Ange Lokenga	13	BRAE ZZ	25/01/2019 Nairobi County Level 2 Swimmin
28	1:35.78	L		F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi
29	1:35.51	S		F	Ruby Okumu	14	LCVR ZZ	25/01/2019 Nairobi County Level 2 Swimmin
30	1:37.32	L		F	Daksha Vanam	13	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi
<b>Women 13-14 50 Breast</b>								
1	36.24	L	AAAA	F	*I Kirabo Namutebi	14	UGAND ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO
2	39.50	L	AAAA	F	*I Chiamaka Kanu	14	IKOYI ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
3	38.87	S	AAAA	P	Maria Bianchi	13	BOSC ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
4	38.91	S	AAAA	F	*I Swagia Mubiru	14	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
5	38.97	S	AAAA	F	*I Emma Wappler	13	OTTER ZZ	03/05/2019 Super Swim League - Round 2

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr			
6	40.12	L	AAAA	F *I Maria Perner	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
7	39.67	S	AAAA	F Regina Gichovi	14	LCVR ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
8	41.65	L	AAAA	P *I Kangi Neema	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
9	41.72	L	AAAA	F *I Nanette Nsereko	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
10	42.20	L	AAAA	F Ameya Rana	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
11	42.30	L	AAAA	F Erica Wangechi	13	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
12	42.49	L	AAAA	F Neema Kitonga	14	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
13	43.04	L	AAAA	F Deeya Shah	13	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group
14	42.36	S	AAAA	F Tugi Mwige	13	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
15	43.74	L	AAAA	P *I Ophelie Konig	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
16	43.88	L	AAAA	F Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
17	43.02	S		F Gakenia Mwige	14	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
18	43.03	S		F Alexandra Kontos	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
19	43.98	S		P *I Mary Banona	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
20	45.06	L		P Maria Mwasha	13	MAKIN ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
21	44.34	S		F Turi Kiburi	14	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
22	45.51	L		F Alishat Khadija Nasser	13	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
23	44.53	S		F Sofia Kimuyu	14	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
24	44.73	S		F Cheryl Kamotho	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
25	44.87	S		F Isla Grammaticas	13	BANDA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	44.88	S		F Wema Nyamu	14	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	45.20	S		F Uttara Changarampatt	13	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
28*	45.28	S		F Lenise Wanakai	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2
28*	45.28	S		F Reese Gore	13	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
30	46.31	L		F Mariam Kiragu	13	DMSS ZZ	04/04/2019	2nd DMSS Gators Annual Swim Ga
<b>Women 13-14 100 Breast</b>								
1	1:23.40	L	AAAA	F *I Kirabo Namutebi	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
2	1:22.95	S	AAAA	F Maria Bianchi	13	BOSC ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
3	1:26.88	L	AAAA	F *I Emma Wappler	13	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
4	1:30.50	L	AAAA	P Regina Gichovi	14	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:31.43	L	AAAA	F *I Swagia Mubiru	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:31.45	L	AAAA	F *I Kangi Neema	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:32.40	L	AAAA	F *I Chiamaka Kanu	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
8	1:30.75	S	AAAA	F Ameya Rana	13	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
9	1:33.22	L	AAAA	F Erica Wangechi	13	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
10	1:31.24	S	AAAA	F Neema Kitonga	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
11	1:32.58	S	AAAA	F Tugi Mwige	13	MAQ ZZ	08/02/2019	grand prix 1
12	1:32.85	S	AAAA	F Lubaina Islam Ali	13	MAQ ZZ	08/02/2019	grand prix 1
13	1:32.91	S	AAAA	F Gakenia Mwige	14	MAQ ZZ	08/02/2019	grand prix 1
14	1:34.30	S	AAAA	F Deeya Shah	13	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
15	1:37.70	L	AAAA	P *I Nanette Nsereko	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
16	1:35.85	S	AAAA	F Turi Kiburi	14	RUSIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
17	1:36.33	S	AAAA	P *I Mary Banona	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
18	1:38.35	L	AAAA	F *I Ophelie Konig	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
19	1:38.62	L	AAAA	F Ruby Okumu	14	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
20	1:37.13	S	AAAA	F Cheryl Kamotho	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
21	1:39.19	L	AAAA	F Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
22	1:37.87	S		F Shriya Manek	13	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
23	1:38.64	S		F Maya Melesi	14	HIS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
24	1:41.10	L		F Trinity Maruti	13	LSC ZZ	17/05/2019	Nairobi County Swimming Champi
25	1:39.27	S		F Reese Gore	13	KESS ZZ	15/03/2019	Super Swim League - Round 1
26	1:39.65	S		F Maria Mwasha	13	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	1:39.82	S		F Molly Muhoho	14	BANDA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	1:39.99	S		F Hanaan Khan	14	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio



## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
29	1:40.06 S	F	Alexandra Kontos	13	SEAH ZZ	15/03/2019	Super Swim League - Round 1
30	1:42.29 L	F	Mariam Kiragu	13	DMSS ZZ	04/04/2019	2nd DMSS Gators Annual Swim Ga
<b>Women 13-14 50 Fly</b>							
1	31.04 L	AAAA F	*1 Kirabo Namutebi	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
2	33.32 L	AAAA F	*1 Maria Perner	14	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
3	32.99 S	AAAA F	Maria Bianchi	13	BOSC ZZ	26/04/2019	CASA GRAND PRIX 3
4	33.11 S	AAAA F	Gakenia Mwige	14	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3
5	34.00 L	AAAA F	Regina Gichovi	14	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
6	34.31 L	AAAA F	Lubaina Islam Ali	13	KENYA ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
7	35.33 L	AAAA F	Stacy Bonareri	14	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
8	34.67 S	AAAA F	Reese Gore	13	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
9	35.46 S	AAAA F	Ruby Okumu	14	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin
10	36.16 L	AAAA F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
11	36.17 L	AAAA F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
12	37.53 L	AAAA F	Cynthia Karanja	13	HSSCA ZZ	15/02/2019	2019 KSF Long Course Nationals
13	37.84 L	AAAA P	*1 Swagia Mubiru	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
14	37.49 S	F	Princess Favour Achieng	14	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
15	38.19 L	F	Sidney Mulemi	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
16	37.73 S	F	Neema Kitonga	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
17	37.85 S	F	Tugi Mwige	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSF
18	38.97 L	F	Mariam Kiragu	13	DMSS ZZ	18/01/2019	14th BSSA Nationals 18-20 Jan
19	38.47 S	F	Turi Kiburi	14	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
20	38.93 S	F	Vivian Hillier	14	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
21	38.94 S	F	Mariam Galal	14	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	39.33 S	F	Cheryl Kamotho	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
23	40.10 L	F	Christine Wairimu	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	40.65 L	F	Natasha Nanji	13	SEAH ZZ	06/07/2019	The Manchester Non National Me
25	40.79 L	F	Aaralynne Kamau	14	NRBTS ZZ	17/05/2019	Nairobi County Swimming Champi
26	40.12 S	F	Joan Nyakundi	14	KAREN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27*	40.22 S	F	Deeya Shah	13	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
27*	40.22 S	F	Eowyn Luchters	13	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
29	41.06 S	F	Aashika Varia	13	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
30	42.03 L	F	Maria Mwasha	13	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Women 13-14 100 Fly</b>							
1	1:12.31 S	AAAA F	Lubaina Islam Ali	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSF
2	1:14.58 L	AAAA P	Gakenia Mwige	14	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	1:15.50 S	AAAA F	Maria Bianchi	13	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSF
4	1:17.92 L	AAAA F	Regina Gichovi	14	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
5	1:20.28 L	AAAA F	Ruby Okumu	14	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:24.20 L	AAAA P	Stacy Bonareri	14	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:23.00 S	AAAA F	Rachel Michelle Muriithi	14	BBLES ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
8	1:23.05 S	AAAA F	Cynthia Karanja	13	HSSCA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
9	1:23.15 S	AAAA F	Reese Gore	13	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
10	1:24.33 S	F	Erica Wangechi	13	MAKIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
11	1:27.30 L	F	Stacy Jerop Kittony	13	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
12	1:26.41 S	F	Neema Kitonga	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2
13	1:26.51 S	F	Tugi Mwige	13	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
14	1:27.53 S	F	*1 Emma Wappler	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
15	1:30.13 S	F	Aagya Tripathee	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2
16	1:30.44 S	F	Turi Kiburi	14	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
17	1:31.09 S	F	Cheryl Kamotho	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
18	1:31.34 S	F	Deeya Shah	13	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSF
19	1:34.50 L	F	Mariam Kiragu	13	DMSS ZZ	18/01/2019	14th BSSA Nationals 18-20 Jan
20	1:33.11 S	F	Mariam Galal	14	BRAEG ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
21	1:33.74	S	F	Sidney Mulemi	13	HSSCA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
22	1:34.89	S	F	Maria Mwash	13	MAKIN ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
23	1:37.13	L	F	Princess Favour Achieng	14	GEMS ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
24	1:39.70	S	F	Neema Chekoko	14	HIS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
25	1:40.86	S	F	Aashika Varia	13	BNDRI ZZ	08/03/2019 CASA GRAND PRIX 2 8TH - 9TH MARCH :	
26	1:41.56	S	F	Natasha Nanji	13	SEAH ZZ	03/05/2019 Super Swim League - Round 2	
27*	1:43.46	L	F	Sidney Mulemi	13	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi	
27*	1:43.46	L	F	Nadia Ndibo	13	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
29	1:45.82	L	F	Rachaelneema Ndungu	14	BBLES ZZ	17/05/2019 Nairobi County Swimming Champi	
30	1:45.66	S	F	Lisa Mumma	14	BBLES ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
<b>Women 11-14 200 Free</b>								
1	2:19.73	S	AAAA	F	Lubaina Islam Ali	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
2	2:21.52	S	AAAA	F	Maria Bianchi	13	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
3	2:28.25	S	AAAA	F	Gakenia Mwige	14	MAQ ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
4	2:34.37	L	AAAA	F	*I Maria Perner	14	IKOYI ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
5	2:31.26	S	AAAA	F	Regina Gichovi	14	LCVR ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
6	2:35.11	L	AAAA	F	Ashley Kagwima	12	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi
7	2:32.34	S	AAAA	F	Lenise Wanakai	14	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
8	2:35.86	L	AAAA	F	Erica Wangechi	13	MSA ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
9	2:36.39	L	AAAA	F	*I Kangi Neema	13	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
10	2:34.49	S	AAAA	F	Tugi Mwige	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
11	2:34.54	S	AAAA	F	Aagya Tripathee	14	OTTER ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
12	2:35.32	S	AAAA	F	*I Emma Wappler	13	OTTER ZZ	03/05/2019 Super Swim League - Round 2
13	2:38.59	L	AAAA	F	*I Chiamaka Kanu	14	IKOYI ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
14	2:40.32	L	AAAA	F	Mariam Kiragu	13	DMSS ZZ	04/04/2019 2nd DMSS Gators Annual Swim Ga
15	2:41.36	L	AAAA	F	Cynthia Karanja	13	HSSCA ZZ	15/02/2019 2019 KSF Long Course Nationals
16	2:38.46	S	AAAA	F	Neema Kitonga	14	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
17	2:42.37	L	AAAA	F	*I Maisha Done	12	SEAH ZZ	06/07/2019 The Manchester Non National Me
18	2:39.28	S	AAAA	F	Zikra Jaffer	11	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
19	2:42.92	L	AAAA	F	Wairimu Karanu	12	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi
20	2:43.12	L	AAAA	F	Rebecca Nanjala	12	KENYA ZZ	16/02/2019 CANA Zone IV Championships 2019
21	2:41.19	S	AAAA	F	Reese Gore	13	KESS ZZ	03/05/2019 Super Swim League - Round 2
22	2:45.66	L	AAAA	F	*I Natalie Lutalo	11	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
23	2:42.52	S	AAAA	F	Cheryl Kamotho	13	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
24	2:42.72	S	AAAA	F	Joy Aleyo	12	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
25	2:46.74	L	AAAA	F	Kagure Maina	12	STKRS ZZ	17/05/2019 Nairobi County Swimming Champi
26	2:44.13	S	AAAA	F	Deeya Shah	13	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
27	2:44.57	S	AAAA	F	Duini Caffini	11	BNDRI ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
28	2:44.91	S	F	Vivian Hillier	14	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
29	2:49.73	L	F	Mariam Galal	14	BRAEG ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
30	2:47.31	S	F	Wema Nyamu	14	KESS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
<b>Women 11-14 400 Free</b>								
1	4:56.38	L	AAAA	P	Lubaina Islam Ali	13	KENYA ZZ	11/09/2019 Africa Junior Championships
2	4:54.43	S	AAAA	F	Maria Bianchi	13	BOSC ZZ	26/04/2019 CASA GRAND PRIX 3
3	5:22.11	S	SAAAA	F	*I Gabriella Helberg	12	GEMS ZZ	21/06/2019 Super Swim League Round 3
4	5:25.06	S	AAAA	F	Gakenia Mwige	14	AKAM ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
5	5:28.53	S	S	F	*I Emma Wappler	13	OTTER ZZ	21/06/2019 Super Swim League Round 3
6	5:36.75	L	F	Ashley Kagwima	12	HSSCA ZZ	17/05/2019 Nairobi County Swimming Champi	
7	5:30.88	S	F	Tugi Mwige	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
8	5:45.16	L	F	Wairimu Karanu	12	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi	
9	5:41.63	S	F	Lenise Wanakai	14	OTTER ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
10	5:44.67	S	F	Zikra Jaffer	11	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
11	5:52.76	L	F	Mariam Kiragu	13	DMSS ZZ	04/04/2019 2nd DMSS Gators Annual Swim Ga	
12	5:53.04	L	P	Cynthia Karanja	13	HSSCA ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
13	5:47.33	S	F	Deeya Shah	13	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
14	5:47.56	S S	F	Kario Karani	12	OTTER ZZ	21/06/2019 Super Swim League Round 3	
15	5:54.66	L	F	Ruby Okumu	14	LCVR ZZ	15/02/2019 2019 KSF Long Course Nationals	
16	5:48.28	S S	F	Reese Gore	13	KESS ZZ	21/06/2019 Super Swim League Round 3	
17	5:51.94	S	F	Vivian Hillier	14	BNDRI ZZ	26/04/2019 CASA GRAND PRIX 3	
18	5:52.10	S S	F	*1 Maisha Done	12	SEAH ZZ	21/06/2019 Super Swim League Round 3	
19	5:55.91	S	F	Joy Aleyo	12	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
20	6:09.78	L	F	Serah Makenna Mawira	12	BHS ZZ	17/05/2019 Nairobi County Swimming Champi	
21	6:03.49	S	F	Kagure Maina	12	STKRS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
22	6:06.61	S	F	Lailah Mugambi	12	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
23	6:07.80	S	F	Angel Williams	11	BSC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
24	6:08.31	S	F	Mariam Galal	14	BSC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
25	6:12.00	S	F	Neema Kitonga	14	OTTER ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
26	6:12.43	S	F	Fadumo Mahmood	14	BNDRI ZZ	26/04/2019 CASA GRAND PRIX 3	
27	6:17.53	S	F	*1 Aliyana Kachra	11	BFINS ZZ	21/06/2019 CASA Inter Clubs Swimming Championship	
28	6:18.11	S	F	Wema Nyamu	14	KESS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
29	6:19.92	S	F	Duini Caffini	11	BNDRI ZZ	26/04/2019 CASA GRAND PRIX 3	
30	6:21.25	S	F	Maria Mwasha	13	MAKIN ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
<b>Women 11-14 800 Free</b>								
1	10:03.25	L	AAAA	F	Lubaina Islam Ali	13	KENYA ZZ	11/09/2019 Africa Junior Championships
2	10:37.17	S	AAAA	F	Maria Bianchi	13	BOSC ZZ	08/03/2019 CASA GRAND PRIX 2 8TH - 9TH MARCH :
3	10:54.21	S	AAAA	F	Tugi Mwigie	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
4	11:07.01	S	F	*1 Gabriella Helberg	12	GEMS ZZ	03/05/2019 Super Swim League - Round 2	
5	11:19.43	S	F	Gakenia Mwigie	14	AKAM ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th	
6	11:36.39	L	F	Ashley Kagwima	12	HSSCA ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
7	11:28.33	S	F	Aagya Tripathhee	14	OTTER ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
8	12:09.06	L	F	Mariam Kiragu	13	DMSS ZZ	04/04/2019 2nd DMSS Gators Annual Swim Ga	
9	12:08.07	S	F	Joy Aleyo	12	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
10	12:36.51	L	F	Maria Mwasha	13	MAKIN ZZ	15/02/2019 2019 KSF Long Course Nationals	
11	12:26.41	S	F	Serah Makenna Mawira	12	BHS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
12	12:29.28	S	F	Reese Gore	13	KESS ZZ	03/05/2019 Super Swim League - Round 2	
13	12:37.16	S	F	Lailah Mugambi	12	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
14	12:37.75	S	F	Maya Chepngetich Rotich	12	KAREN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH	
15	12:38.39	S	F	Wema Nyamu	14	KESS ZZ	03/05/2019 Super Swim League - Round 2	
16	13:02.03	S	F	Sidney Mulemi	13	HSSCA ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
17	13:05.14	S	F	Alishat Khadija Nasser	13	UNATT ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
18	13:08.15	S	F	Rachaelneema Ndungu	14	BBLES ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
19	13:48.98	L	F	Kwamboka Masese	12	BBLES ZZ	17/05/2019 Nairobi County Swimming Champi	
20	13:39.96	S	F	Khushi Dhanjal	14	GEMS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
21	14:04.10	S	F	Wangechi Maina	11	HSSCA ZZ	25/01/2019 Nairobi County Level 2 Swimmin	
22	15:15.59	S	F	Kendi Mugo	12	KESS ZZ	03/05/2019 Super Swim League - Round 2	
23	16:10.74	S	F	Erika Ayugi	13	KAREN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
24	16:11.32	S	F	Eliana Muchai	11	KESS ZZ	03/05/2019 Super Swim League - Round 2	
<b>Women 11-14 200 Back</b>								
1	2:31.45	S	AAAA	F	Gakenia Mwigie	14	MAQ ZZ	24/08/2019 CASA Time Trials
2	2:42.73	S	AAAA	F	Lubaina Islam Ali	13	MAQ ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
3	2:47.76	L	AAAA	P	Lenise Wanakai	14	KENYA ZZ	11/09/2019 Africa Junior Championships
4	2:49.12	S	AAAA	F	Tugi Mwigie	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
5	2:51.51	S	AAAA	F	Ashley Kagwima	12	HSSCA ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
6	2:51.76	S	AAAA	P	Erica Wangechi	13	MAKIN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
7	2:52.17	S	AAAA	F	Zikra Jaffer	11	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
8	2:52.19	S	AAAA	F	*1 Gabriella Helberg	12	GEMS ZZ	03/05/2019 Super Swim League - Round 2
9	2:56.68	S	AAAA	F	Rianna Shah	12	OTTER ZZ	03/05/2019 Super Swim League - Round 2
10	3:00.89	L	AAAA	F	*1 Emma Wappler	13	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
11	3:01.41 S	AAAA F	Wairimu Karanu	12	SEAH ZZ	03/05/2019	Super Swim League - Round 2
12	3:03.99 L	AAAA F	Mariam Kiragu	13	DMSS ZZ	04/04/2019	2nd DMSS Gators Annual Swim Ga
13	3:01.79 S	AAAA F	Wema Nyamu	14	KESS ZZ	03/05/2019	Super Swim League - Round 2
14	3:02.12 S	AAAA F	Kario Karani	12	OTTER ZZ	03/05/2019	Super Swim League - Round 2
15	3:02.25 S	AAAA F	Kagure Maina	12	STKRS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	3:05.14 S	AAAA F	Tracey Wangalwa	12	MAKIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
17	3:06.72 S	AAAA F	Joy Aleyo	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
18	3:08.45 S	F	Serah Makenna Mawira	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
19	3:10.26 S	F	Lailah Mugambi	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	3:11.32 S	F	Sheila Kimeto	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
21	3:11.68 S	F	Rebecca Nanjala	12	BBLES ZZ	25/01/2019	Nairobi County Level 2 Swimmin
22	3:17.02 L	F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
23	3:15.36 S	F	Maya Chepngetich	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
24	3:15.46 S	F	Duini Caffini	11	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
25	3:15.78 S	F	Cynthia Karanja	13	HSSCA ZZ	25/01/2019	Nairobi County Level 2 Swimmin
26	3:20.28 S	F	Michelle MACHARIA	12	OTTER ZZ	03/05/2019	Super Swim League - Round 2
27	3:20.59 S	F	Maya Chepngetich Rotich	12	KAREN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	3:23.75 S	F	Thalia Davies	11	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
29	3:24.11 S	F	Maria Mwasha	13	MAKIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
30	3:24.16 S	F	Hazel Kithikii	14	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th i
<b>Women 11-14 200 Breast</b>							
1	2:56.32 S	AAAA F	Maria Bianchi	13	BOSC ZZ	26/04/2019	CASA GRAND PRIX 3
2	3:01.76 L	AAAA F	*1 Kirabo Namutebi	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
3	3:04.59 S	SAAAA F	*1 Emma Wappler	13	OTTER ZZ	21/06/2019	Super Swim League Round 3
4	3:10.39 S	AAAA F	Erica Wangechi	13	MAKIN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
5	3:17.19 L	AAAA F	*1 Swagia Mubiru	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	3:15.21 S	AAAA F	*1 Antisha Ssuna	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
7	3:15.35 S	AAAA P	Regina Gichovi	14	LCVR ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
8	3:16.82 S	AAAA F	Neema Kitonga	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
9	3:16.92 S	AAAA F	Tugi Mwige	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
10	3:20.05 S	AAAA F	Duini Caffini	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
11	3:20.57 S	AAAA F	Natasha Thuriranja	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
12	3:25.65 L	AAAA P	Ameya Rana	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	3:23.44 S	AAAA F	Ruby Okumu	14	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
14	3:23.77 S	AAAA F	Emma Miano	12	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
15	3:24.65 S	AAAA F	Deeya Shah	13	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
16	3:27.61 S	AAAA F	Cheryl Kamotheo	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
17	3:29.16 S	F	Stacy Jerop Kittony	13	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
18	3:33.53 L	P	*1 Amelia Mudanyne	11	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
19	3:33.68 L	P	Maria Mwasha	13	MAKIN ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
20	3:29.69 S	P	*1 Mary Banona	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
21	3:33.88 L	F	Mariam Kiragu	13	DMSS ZZ	18/01/2019	14th BSSA Nationals 18-20 Jan
22	3:34.05 L	P	*1 Ophelie Konig	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
23	3:34.12 L	F	Ashley Kagwima	12	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
24	3:34.21 L	P	Emma Wambui	12	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
25	3:31.93 S	F	Lanoi Leperes	12	SILS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	3:32.45 S	F	Rebecca Nanjala	12	BBLES ZZ	25/01/2019	Nairobi County Level 2 Swimmin
27	3:32.72 S S	F	*1 Maisha Done	12	SEAH ZZ	21/06/2019	Super Swim League Round 3
28	3:33.25 S	P	Maya Chepngetich Rotich	12	KAREN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
29	3:34.53 S S	F	Seran Gumo	12	OTTER ZZ	21/06/2019	Super Swim League Round 3
30	3:34.68 S S	F	Aaliyah Webber	12	GEMS ZZ	21/06/2019	Super Swim League Round 3
<b>Women 11-14 200 Fly</b>							
1	2:37.34 S	AAAA F	Lubaina Islam Ali	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
2	2:49.05 S	AAAA F	Gakenia Mwige	14	MAQ ZZ	08/02/2019	grand prix 1

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19  
 Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr		
3	2:59.14	S	F	Ruby Okumu	14	LCVR ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
4	3:03.25	S	F	Regina Gichovi	14	LCVR ZZ	25/01/2019 Nairobi County Level 2 Swimmin
5	3:10.15	L	P	Ashley Kagwima	12	HSSCA ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
6	3:12.48	S	F	Rebecca Nanjala	12	BBLES ZZ	15/03/2019 Super Swim League - Round 1
7	3:15.43	L	F	Rachel Michelle Muriithi	14	BBLES ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
8	3:19.68	S	F	Cynthia Karanja	13	HSSCA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
9	3:26.92	S	F	Kario Karani	12	OTTER ZZ	15/03/2019 Super Swim League - Round 1
10	3:31.53	S	F	Mariam Galal	14	BRAEG ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
11	3:32.90	S	F	Wangechi Maina	11	HSSCA ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
12	3:34.03	S	F	Maria Mwasha	13	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
13	3:35.94	S	F	Rachaelneema Ndungu	14	BBLES ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
14	3:36.59	S	F	Sidney Mulemi	13	HSSCA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
15	3:40.25	S	F	Alishat Khadija Nasser	13	OTTER ZZ	15/03/2019 Super Swim League - Round 1
16	3:41.78	S	F	Amanda Kadzo	11	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
17	3:44.05	S	F	Divya Shah	12	KENTC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
18	3:51.98	L	F	Aagya Tripathee	14	LUS ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
19	3:49.23	S	F	Kwamboka Masese	12	BBLES ZZ	15/03/2019 Super Swim League - Round 1
20	3:55.84	S	F	Zoe Gumo	11	OTTER ZZ	15/03/2019 Super Swim League - Round 1
21	3:56.12	S	F	Savannah Musengi	11	HSSCA ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
22	3:59.76	S	F	Zikra Jaffer	11	BOSC ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
23	4:15.73	S	F	Tracey Wangalwa	12	LCVR ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
24	4:29.77	S	F	Sharon Moegi	12	KIDS ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
<b>Women 11-14 200 IM</b>							
1	2:41.33	L	AAAA	F	Lubaina Islam Ali	13	KENYA ZZ 11/09/2019 Africa Junior Championships
2	2:44.27	L	AAAA	F	*I Kirabo Namutebi	14	UGAND ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
3	2:42.44	S	AAAA	F	Maria Bianchi	13	BOSC ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS!
4	2:42.82	S	AAAA	F	Gakenia Mwige	14	MAQ ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS!
5	2:49.34	L	AAAA	F	*I Kangi Neema	13	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
6	2:47.32	S	AAAA	F	Regina Gichovi	14	OTTER ZZ 15/03/2019 Super Swim League - Round 1
7	2:53.06	L	AAAA	F	Erica Wangechi	13	MSA ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
8	2:52.87	S	AAAA	F	*I Swagia Mubiru	14	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS!
9	2:57.27	L	AAAA	F	Ashley Kagwima	12	HSSCA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
10	2:58.76	L	AAAA	F	*I Maria Perner	14	IKOYI ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
11	2:55.97	S	AAAA	F	*I Emma Wappler	13	OTTER ZZ 15/03/2019 Super Swim League - Round 1
12	2:59.87	L	AAAA	P	Rebecca Nanjala	12	BBLES ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
13	2:58.03	S	AAAA	F	Tugi Mwige	13	MAQ ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
14	3:02.18	L	AAAA	F	*I Gabriella Helberg	12	GEMS ZZ 15/02/2019 2019 KSF Long Course Nationals
15	2:59.18	S	AAAA	F	Ruby Okumu	14	LCVR ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
16	3:00.45	S	AAAA	F	Reese Gore	13	HIS ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
17	3:00.46	S	AAAA	F	Lenise Wanakai	14	OTTER ZZ 15/03/2019 Super Swim League - Round 1
18	3:03.90	L	AAAA	F	Mariam Kiragu	13	DMSS ZZ 04/04/2019 2nd DMSS Gators Annual Swim Ga
19	3:01.60	S	AAAA	F	Neema Kitonga	14	OTTER ZZ 15/03/2019 Super Swim League - Round 1
20	3:02.41	S	AAAA	F	Wairimu Karanu	12	SEAH ZZ 15/03/2019 Super Swim League - Round 1
21	3:03.59	S	AAAA	F	Rachel Michelle Muriithi	14	BBLES ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS!
22	3:06.38	S	AAAA	F	Zikra Jaffer	11	BOSC ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
23	3:10.10	L	AAAA	F	*I Natalie Lutalo	11	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
24	3:07.01	S	AAAA	F	Deeya Shah	13	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS!
25	3:10.22	L	AAAA	F	*I Antisha Ssuna	12	BBLES ZZ 15/02/2019 2019 KSF Long Course Nationals
26	3:10.76	L	AAAA	F	Maria Mwasha	13	MAKIN ZZ 15/02/2019 2019 KSF Long Course Nationals
27	3:07.72	S	AAAA	P	*I Mary Banona	13	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS!
28	3:08.57	S	AAAA	F	Natasha Thurania	11	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS!
29	3:12.23	L	AAAA	P	*I Amelia Mudanyo	11	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
30	3:12.72	L	AAAA	P	Wema Nyamu	14	KESS ZZ 11/04/2019 2019 KSF Nationals Swimming Trials

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Women 11-14 400 IM</b>								
1	5:31.09 S	AAAA F	Lubaina Islam Ali	13	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
2	5:38.21 S	AAAA F	Maria Bianchi	13	BOSC ZZ	26/04/2019	CASA GRAND PRIX 3	
3	5:45.13 S	AAAA F	Gakenia Mwige	14	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
4	6:09.08 S	AAAA F	Tugi Mwige	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
5	6:10.98 S	AAAA F	Erica Wangechi	13	MAKIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
6	6:16.78 S	AAAA F	Regina Gichovi	14	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
7	6:29.54 L	AAAA F	Mariam Kiragu	13	DMSS ZZ	04/04/2019	2nd DMSS Gators Annual Swim Ga	
8	6:28.67 S	AAAA F	Ashley Kagwima	12	HSSCA ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
9	6:36.30 S	P	Ruby Okumu	14	LCVR ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
10	6:46.02 L	F *1	Mary Banona	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
11	6:43.41 S S	F	Wairimu Karanu	12	SEAH ZZ	21/06/2019	Super Swim League Round 3	
12	6:51.94 L	P	Maria Mwasha	13	MAKIN ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
13	6:46.39 S	F	Zikra Jaffer	11	BOSC ZZ	26/04/2019	CASA GRAND PRIX 3	
14	6:53.93 S	F	Wangechi Maina	11	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
15	7:14.09 L	F	Aagya Tripathee	14	LUS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
16	7:19.43 S	F	Lailah Mugambi	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
17	x8:05.35 L S	F	Xolani Ochoro	12	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi	
18	9:48.59 S	F	Maria Kadii	14	UNATT ZZ	26/04/2019	CASA GRAND PRIX 3	
<b>Women 15-16 50 Free</b>								
1	27.79 L	AAAA F	Lucia Ruchti	16	KENYA ZZ	11/09/2019	Africa Junior Championships	
2	28.80 L	AAAA F	Victoria Okumu	15	GEMS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
3	30.38 L	AAAA F	Mya Omondi	15	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
4	30.39 L	AAAA F	Jasmin Kimani	16	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
5	29.79 S	AAAA F	Tiana Vora	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
6	30.66 L	AAAA F *1	Alexis Kituuka	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
7	30.81 L	AAAA F *1	Daya Mpeera Yalonda	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
8	31.20 L	AAAA F	Angela Baraka	15	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi	
9	31.65 L	AAAA F	Aisha Nasser	16	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
10	30.99 S	AAAA F	Angela Baraka	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
11	31.89 L	AAAA F	Kimberly Nyawira	16	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
12	32.08 L	AAAA F *1	Ahura Ambala	15	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
13	32.31 L	AAAA F *1	Mercedes Mwebeiha	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
14	31.65 S	AAAA F	Savannah Grantham	15	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
15	31.66 S	AAAA F *1	Leyla Verleysan	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
16	32.47 L	AAAA P	Mukayagi Khwidzomina	16	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
17	32.58 L	AAAA F	Kenda Maye	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
18	31.94 S	F *1	Lea Tanaskovic	15	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
19	32.82 L	F	Joeleen Kuria	15	LCM ZZ	17/05/2019	Nairobi County Swimming Champi	
20	32.05 S	F	Nurayn Bagha	15	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
21	32.32 S	F	Axela Echese	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
22	32.33 S	F *1	Vera Berezny	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
23	33.59 L	P	Khwidzomina Mukayagi	16	UNATT ZZ	15/02/2019	2019 KSF Long Course Nationals	
24	32.79 S	F	Tendaii Nyagah	15	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
25	33.61 L	F	Megan Wanja Irungu	15	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi	
26	32.84 S	F	Eleanor Donohue	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
27	32.95 S	F	Saloni Patel	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
28	33.81 L	F	Aliya Cherogony	15	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
29	33.89 L	F	Makena Tirima	16	GEMS ZZ	15/02/2019	2019 KSF Long Course Nationals	
30	33.56 S	F	Hilda Maichibu	15	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
<b>Women 15-16 100 Free</b>								
1	1:00.39 L	AAAA F	Lucia Ruchti	16	KENYA ZZ	11/09/2019	Africa Junior Championships	
2	1:02.97 L L	AAAA P	Victoria Okumu	15	KENYA ZZ	11/09/2019	Africa Junior Championships	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
3	1:04.83	S	AAAA	F	Mya Omondi	15	GEMS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
4	1:05.05	S	AAAA	F	Tiana Vora	16	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
5	1:07.14	L	AAAA	P	*I Alexis Kituuka	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
6	1:07.51	L	AAAA	F	Jasmin Kimani	16	KENYA ZZ 16/02/2019 CANA Zone IV Championships 2019
7	1:08.43	L	AAAA	P	*I Daya Mpeera Yalonda	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
8	1:09.16	L	AAAA	F	Angela Baraka	15	BBLES ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
9	1:10.88	L	AAAA	F	Aisha Nasser	16	OTTER ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
10	1:09.62	S	AAAA	F	Angela Baraka	15	MAKIN ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
11	1:09.75	S	AAAA	F	Axela Echessa	15	OTTER ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
12	1:10.09	S	AAAA	F	Saloni Patel	16	AKAM ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
13	1:11.70	L	AAAA	P	Nurayn Bagha	15	BRAE ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
14	1:10.17	S	AAAA	F	Kimberly Nyawira	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
15	1:11.88	L	AAAA	F	*I Ahura Ambala	15	SEAH ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
16	1:10.46	S	AAAA	F	Savannah Grantham	15	BRAE ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
17	1:12.45	L	AAAA	P	Mukayagi Khwidzomina	16	UNATT ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
18	1:11.61	S	AAAA	F	Hilda Maichibu	15	MAQ ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
19	1:13.61	L	AAAA	F	Kenda Maye	15	KENYA ZZ 16/02/2019 CANA Zone IV Championships 2019
20	1:13.68	L	AAAA	P	*I Mercedes Mwebeiha	15	SFA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
21*	1:12.79	S	AAAA	F	Tendaii Nyagah	15	RUSIN ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
21*	1:12.79	S	AAAA	F	*I Leyla Verleysan	15	HIS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
23	1:14.53	L	AAAA	F	Makena Tirima	16	GEMS ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
24	1:14.80	L		P	*I Lea Tanaskovic	15	BRAE ZZ 15/02/2019 2019 KSF Long Course Nationals
25	1:13.36	S		F	Talai Geheb	15	HIS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
26	1:15.74	L		F	Megan Wanja Irungu	15	SBS ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
27	1:14.50	S		F	Khwidzomina Mukayagi	16	UNATT ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
28	1:14.52	S		F	Eleanor Donohue	16	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
29	1:15.39	S		F	*I Vera Berezny	15	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
30	1:15.55	S		F	Faith Kariuki	16	MAKIN ZZ 25/01/2019 Nairobi County Level 2 Swimmin

### Women 15-16 50 Back

1	33.03	S	AAAA	P	Lucia Ruchti	16	OTTER ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
2	33.50	S	AAAA	F	Victoria Okumu	15	GEMS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
3	33.91	S	AAAA	P	Mya Omondi	15	GEMS ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
4	33.99	S	AAAA	F	Tiana Vora	16	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
5	34.59	L	AAAA	F	*I Mercedes Mwebeiha	15	UGAND ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
6	34.46	S	AAAA	F	*I Lea Tanaskovic	15	BRAE ZZ 15/03/2019 Super Swim League - Round 1
7	34.53	S	AAAA	F	*I Leyla Verleysan	15	HIS ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
8	35.86	L	AAAA	F	*I Alexis Kituuka	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
9	35.48	S	AAAA	F	Kenda Maye	15	BBLES ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
10	36.53	L	AAAA	F	Jasmin Kimani	16	KESS ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
11	36.67	L	AAAA	F	*I Daya Mpeera Yalonda	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
12	36.89	S	AAAA	F	Aisha Nasser	16	OTTER ZZ 15/03/2019 Super Swim League - Round 1
13	37.01	S	AAAA	F	Saloni Patel	16	AKAM ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
14	37.30	S	AAAA	F	Eleanor Donohue	16	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
15	37.39	S	AAAA	F	Aliya Cherogony	15	GEMS ZZ 15/03/2019 Super Swim League - Round 1
16	37.55	S	AAAA	F	Angela Baraka	15	BBLES ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
17	37.69	S	AAAA	F	Savannah Grantham	15	BRAE ZZ 15/03/2019 Super Swim League - Round 1
18	37.89	S	AAAA	F	Kimberly Nyawira	16	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
19*	38.56	S	AAAA	F	Yashna Khatry	16	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
19*	38.56	S	AAAA	F	Kapalaula Mwenya	15	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
21	38.84	S	AAAA	F	Kreeshi Shavdia	15	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
22	39.28	S		F	Mukayagi Khwidzomina	16	UNATT ZZ 15/03/2019 Super Swim League - Round 1
23	39.40	S		F	Megan Wanja Irungu	15	LCVR ZZ 25/01/2019 Nairobi County Level 2 Swimmin
24	39.52	S		F	*I Ahura Ambala	15	SEAH ZZ 25/01/2019 Nairobi County Level 2 Swimmin
25	39.64	S		F	Tisha Laiwalla	16	SEAH ZZ 15/03/2019 Super Swim League - Round 1

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
26	40.05 S	F	Joeleen Kuria	15	LCM ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	40.15 S	F	*1 Vera Berezny	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	40.99 L	P	Mitchell Atieno	16	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
29	40.60 S	F	Nurayn Bagha	15	BRAE ZZ	15/03/2019	Super Swim League - Round 1
30	40.69 S	F	Khwidzomina Mukayagi	16	UNATT ZZ	25/01/2019	Nairobi County Level 2 Swimmin
<b>Women 15-16 100 Back</b>							
1	1:11.84 S	AAAA F	Lucia Ruchti	16	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
2	1:12.37 S	AAAA F	Tiana Vora	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
3	1:15.11 S	AAAA F	Victoria Okumu	15	GEMS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
4	1:15.87 S	AAAA F	*1 Leyla Verleysan	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
5	1:17.43 L	AAAA F	*1 Mercedes Mwebeih	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
6	1:18.41 L	AAAA P	Mya Omondi	15	KENYA ZZ	11/09/2019	Africa Junior Championships
7	1:19.63 L	AAAA F	Kenda Maye	15	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
8	1:21.10 L	AAAA F	Jasmin Kimani	16	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	1:19.94 S	AAAA F	Saloni Patel	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
10	1:22.01 L	AAAA F	*1 Lea Tanaskovic	15	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
11	1:22.17 S	AAAA F	Angela Baraka	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
12	1:22.59 S	AAAA F	Kreeshi Shavdia	15	OAMSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
13	1:22.89 S	AAAA F	Eleanor Donohue	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
14	1:22.91 S	AAAA F	Aliya Cherogony	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
15	1:24.07 S	F	Megan Wanja Irungu	15	LCVR ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	1:26.54 S	F	Yashna Khatry	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
17	1:27.25 S	F	Khwidzomina Mukayagi	16	UNATT ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
18	1:28.54 S	F	Tendaii Nyagah	15	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
19	1:29.16 S S	F	Makena Tirima	16	GEMS ZZ	21/06/2019	Super Swim League Round 3
20	1:30.70 S	F	Faith Kariuki	16	MAKIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
21	1:31.31 S	F	Talai Geheb	15	HIS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
22	1:33.19 S	F	Josette Umi Njeri	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
23	1:33.53 S	F	Michelle Mwash	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
24	1:35.04 L	P	Mitchell Atieno	16	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
25	1:33.93 S	F	Wanjiru Kiburi	16	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	1:35.54 L	F	Nduta Gacheru	16	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
27	1:35.83 S	F	Nduta Gicheru	16	NOVA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	1:38.83 S	F	Michelle Njambi	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
29	1:40.27 L	F	Alicia Muli	16	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
30	1:41.16 L S	F	Umme-Hani Mamujee	16	SEAH ZZ	06/07/2019	The Manchester Non National Me
<b>Women 15-16 50 Breast</b>							
1	36.82 L	AAAA P	Lucia Ruchti	16	KENYA ZZ	11/09/2019	Africa Junior Championships
2	36.85 L	AAAA P	Jasmin Kimani	16	OTTER ZZ	11/09/2019	Africa Junior Championships
3	39.95 L	AAAA P	Kimberly Nyawira	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	38.97 S	AAAA F	Victoria Okumu	15	GEMS ZZ	03/05/2019	Super Swim League - Round 2
5	40.65 L	AAAA F	Aisha Nasser	16	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
6	40.94 S	AAAA F	*1 Ahura Ambala	15	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
7	42.06 L	AAAA F	Angela Baraka	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
8	42.09 L	AAAA F	Camilla Achieng	15	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	41.13 S	AAAA F	Saloni Patel	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSHI
10	42.41 L	AAAA F	*1 Michelle Tang	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
11	42.02 S	AAAA F	*1 Leyla Verleysan	15	HIS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
12	42.89 S	AAAA F	Angela Baraka	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	43.05 S	F	Nurayn Bagha	15	BRAE ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
14	43.74 S	F	Mitchell Atieno	16	TORP ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
15	43.77 S	F	Tiana Vora	16	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
16	43.81 S	F	Victoria Ashley	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSHI
17	44.37 S	F	Hilda Maichibu	15	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSHI



## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
18	44.50	S	F *1 Vera Berezchny	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
19	44.70	S	F Megan Wanja Irungu	15	SBS ZZ	08/06/2019	Lifetime Age Group & Open Cham
20	45.82	L	P *1 Mercedes Mwebeiha	15	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
21	44.89	S	F Joeleen Kuria	15	LCM ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	45.89	L	P Alicia Muli	16	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
23	45.22	S	F *1 Lea Tanaskovic	15	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
24	45.32	S	F Talai Geheb	15	HIS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
25	45.55	S	F Tendaii Nyagah	15	RUSIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
26	45.61	S	F Etta Pierce	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
27	46.52	S	F Yashna Khatry	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	47.63	L	F Anita Okoyo	16	LCM ZZ	17/05/2019	Nairobi County Swimming Champi
29	46.77	S	F Michelle Njambi	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
30	47.20	S	F Paulina Loose	15	GS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
<b>Women 15-16 100 Breast</b>							
1	1:22.29	L AAAA	P Jasmin Kimani	16	OTTER ZZ	11/09/2019	Africa Junior Championships
2	1:26.53	S AAAA	F Lucia Ruchti	16	GS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
3	1:27.13	S AAAA	F Kimberly Nyawira	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
4	1:27.37	S AAAA	P Aisha Nasser	16	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
5	1:27.53	S AAAA	F Victoria Okumu	15	GEMS ZZ	15/03/2019	Super Swim League - Round 1
6	1:28.51	S AAAA	P Angela Baraka	15	BBLES ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
7	1:33.17	L AAAA	F *1 Michelle Tang	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
8	1:31.48	S AAAA	F Angela Baraka	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
9	1:32.00	S AAAA	F Saloni Patel	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
10	1:34.87	L AAAA	F Camilla Achieng	15	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
11	1:33.00	S AAAA	F Nurayn Bagha	15	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
12	1:36.56	L	F *1 Ahura Ambala	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
13	1:35.43	S	F *1 Leyla Verleysan	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
14	1:38.49	S	F Victoria Ashley	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
15	1:39.77	S	F Talai Geheb	15	HIS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
16	1:42.21	L	F Megan Wanja Irungu	15	SBS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
17	1:42.26	L	P Alicia Muli	16	TORP ZZ	15/02/2019	2019 KSF Long Course Nationals
18	1:41.62	S	F Hilda Maichibu	15	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
19	1:41.99	S	F *1 Lea Tanaskovic	15	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
20	1:42.36	S	F Etta Pierce	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
21	1:42.67	S	F Michelle Njambi	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
22	1:42.84	S	F *1 Vera Berezchny	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
23	1:43.53	S	F Kreeshi Shavdia	15	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
24	1:44.02	S	F Tendaii Nyagah	15	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
25	1:47.87	L	F Paulina Loose	15	GS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	1:48.26	L	F Mitchell Atieno	16	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
27	1:49.35	S	F Erica Karungu	15	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
28	1:49.68	S	F Josette Umi Njeri	16	BNDRI ZZ	08/02/2019	grand prix 1
29	1:52.30	S	F Shuki Kitsao	15	KIV ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
30	1:53.29	S	F Umme-Hani Mamujee	16	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
<b>Women 15-16 50 Fly</b>							
1	29.61	L AAAA	F Lucia Ruchti	16	KENYA ZZ	11/09/2019	Africa Junior Championships
2	31.33	L AAAA	F Victoria Okumu	15	GEMS ZZ	15/02/2019	2019 KSF Long Course Nationals
3	32.19	L AAAA	F Mya Omondi	15	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
4	32.61	L AAAA	F Jasmin Kimani	16	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
5	32.67	L AAAA	F *1 Alexis Kituuka	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
6	32.81	L AAAA	F *1 Daya Mpeera Yalonda	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
7	33.34	L AAAA	F *1 Mercedes Mwebeiha	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
8	33.84	S AAAA	F Tiana Vora	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
9	34.53	S AAAA	F *1 Leyla Verleysan	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr			
10	34.82	S	AAAA	F *I Ahura Ambala	15	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin
11	35.86	L	AAAA	F Kimberly Nyawira	16	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
12	35.88	S	AAAA	F Axela Echesa	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
13	36.62	L	AAAA	F Joeleen Kuria	15	LCM ZZ	17/05/2019	Nairobi County Swimming Champi
14	36.23	S		P Mitchell Atieno	16	TORP ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
15	37.07	L		F Kenda Maye	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
16	36.48	S		F Angela Baraka	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
17	37.60	L		F Angela Baraka	15	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
18	37.40	S		F Makena Tirima	16	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
19	37.45	S		F Yashna Khatry	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
20	38.29	L		F Aisha Nasser	16	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	38.32	L		F Camilla Achieng	15	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
22	38.11	S		F Hilda Maichibu	15	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
23	38.89	S		F Michelle Mwashu	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
24	39.04	S		F Salwa A Hamza	16	CSCN ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
25	40.03	S		F *I Vera Berezchny	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	40.12	S		F Aliya Cherogony	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	41.45	L		F Megan Wanja Irungu	15	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi
28	41.19	S		F Etta Pierce	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
29	41.22	S S		F Kayla Nyambu	15	OTTER ZZ	21/06/2019	Super Swim League Round 3
30	41.29	S		F Justine Kariuki	15	BRASD ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
<b>Women 15-16 100 Fly</b>								
1	1:11.42	L	AAAA	F Victoria Okumu	15	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
2	1:14.09	S	AAAA	F Mya Omondi	15	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
3	1:16.59	L	AAAA	P *I Alexis Kituuka	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
4	1:16.64	L	AAAA	P *I Daya Mpeera Yalonda	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
5	1:17.17	L	AAAA	F Jasmin Kimani	16	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
6	1:19.28	L	AAAA	F *I Ahura Ambala	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
7	1:21.30	S		F Nurayn Bagha	15	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
8	1:22.54	S		F Makena Tirima	16	GEMS ZZ	03/05/2019	Super Swim League - Round 2
9	1:23.16	S		F Aisha Nasser	16	OTTER ZZ	03/05/2019	Super Swim League - Round 2
10	1:25.34	L		F *I Mercedes Mwebeihia	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
11	1:28.76	S		F Joeleen Kuria	15	LCM ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
12	1:30.72	S		F Angela Baraka	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
13	1:31.44	S		F Aliya Cherogony	15	GEMS ZZ	03/05/2019	Super Swim League - Round 2
14	1:31.47	S		F Axela Echesa	15	OTTER ZZ	03/05/2019	Super Swim League - Round 2
15	1:37.06	L		F Camilla Achieng	15	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
16	1:37.38	S		F Salwa A Hamza	16	CSCN ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
17	1:37.48	S		F Kreeshi Shavdia	15	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
18	1:45.09	L		F Alicia Muli	16	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
19	1:44.60	S		F Michelle Njambi	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
20	1:48.10	L		F Kayla Nyambu	15	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	1:49.92	S		F Erica Karungu	15	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
22	1:50.65	S		F Umme-Hani Mamujee	16	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
23	2:12.13	S		F Therese Maruti	15	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
<b>Women 17 &amp; Over 50 Free</b>								
1	26.68	L	AAAA	P Emily Muteti	21	KENYA ZZ	21/08/2019	12th African Games
2	26.69	L	AAAA	F Maria Brunlehner	19	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	26.93	L	AAAA	F Sylvia Brunlehner	25	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	27.19	S	AAAA	F Imara Bella Thorpe	18	MILW ZZ	19/10/2018	Millfield & Street SC Super Se
5	28.93	S	AAAA	F *I Kiira Geheb	18	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
6	29.93	L	AAAA	F *I Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
7	30.14	L	AAAA	F Hadassah Mumbi Gichovi	18	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
8	30.25	L	AAAA	P Juhaina Islam Ali	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr				
9	30.27	L	AAAA	P	Riva Karia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
10	29.71	S	AAAA	F	Irie Gonah	17	SEAH ZZ	15/03/2019	Super Swim League - Round 1
11	30.81	L	AAAA	P	*1 Niamh Baker	17	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
12	30.97	L	AAAA	F	Justine Nelson	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	30.33	S	AAAA	F	Catherine Mason	23	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
14	31.25	L	AAAA	F	Virginia Okumu	18	BHS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
15	31.62	L	AAAA	P	Chantelle Kariuki	18	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
16	30.97	S	AAAA	F	*1 Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
17	31.98	L	AAAA	F	Samantha Hawala	17	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
18	32.33	L	AAAA	F	Nicole Makau	17	NAC ZZ	15/02/2019	2019 KSF Long Course Nationals
19	32.76	L		P	Alisha Varia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
20	32.89	L		F	Samira Oberson	18	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	33.06	S		F	Shekila Athman	18	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
22	33.41	S		F	Nyanchama Ataya	17	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
23	34.82	L		F	Michele Otieno	17	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	34.29	S		F	Djulla Gadzo	20	ASA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
25	35.31	S		P	*1 Hannat Nakimuli	17	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
26	35.32	S		F	Dhanushi Savla	17	OANBI ZZ	25/01/2019	Nairobi County Level 2 Swimmin
27	36.50	L		F	Muhaji Okuku	17	BRASD ZZ	17/05/2019	Nairobi County Swimming Champi
28	35.78	S		F	Malaika Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1
29	36.61	L		F	Rachel Schoch	18	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
30	36.13	S		F	Hiral Shah	17	BNDRI ZZ	08/02/2019	grand prix 1
<b>Women 17 &amp; Over 100 Free</b>									
1	58.39	L	AAAA	F	Maria Brunlehner	19	KENYA ZZ	21/08/2019	12th African Games
2	58.98	L	AAAA	F	Emily Muteti	21	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	58.77	S	AAAA	F	Imara Bella Thorpe	18	MILW ZZ	19/10/2018	Millfield & Street SC Super Se
4	1:02.16	S	AAAA	F	*1 Kiira Geheb	18	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
5	1:04.54	S	AAAA	F	Juhaina Islam Ali	17	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
6	1:06.65	L	AAAA	F	*1 Rowena De Guzman	17	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:06.79	L	AAAA	F	*1 Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
8	1:06.82	L	AAAA	F	Hadassah Mumbi Gichovi	18	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
9	1:05.29	S	AAAA	F	Nasiminyu Khatundi	20	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
10	1:05.31	S	AAAA	P	*1 Niamh Baker	17	BRAEA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
11	1:09.16	L	AAAA	P	Justine Nelson	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
12	1:09.74	L	AAAA	F	Virginia Okumu	18	BHS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
13	1:08.86	S	AAAA	F	Chantelle Kariuki	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
14	1:09.39	S	AAAA	F	*1 Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
15	1:11.40	L	AAAA	F	Samantha Hawala	17	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
16	1:11.65	S	AAAA	F	Nicole Makau	17	NAC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
17	1:14.09	S		F	Samira Oberson	18	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
18	1:14.71	S		F	Vivien Abara Ouko	17	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin
19	1:14.98	S		F	Catherine Mason	23	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
20	1:16.99	S		F	Michele Otieno	17	OTTER ZZ	25/01/2019	Nairobi County Level 2 Swimmin
21	1:17.72	S		F	Shekila Athman	18	AKAM ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
22	1:19.16	S		F	Rachel Schoch	18	BRAE ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
23	1:20.20	S		F	Dhanushi Savla	17	OANBI ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
24	1:20.62	S		F	Hiral Shah	17	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
25	1:20.79	S		F	Salma Bashir	17	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
26	1:22.86	L		F	Muhaji Okuku	17	BRASD ZZ	17/05/2019	Nairobi County Swimming Champi
27	1:23.36	S		F	Kreena Gada	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
28	1:23.91	S		F	Mumbi Kairo	17	NOVA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
29	1:30.40	S		F	Barbara Kangwana	22	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin
30	1:47.90	L		F	Winnie Kanogo	17	LCM ZZ	17/05/2019	Nairobi County Swimming Champi

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Women 17 &amp; Over 50 Back</b>								
1	30.53	L AAAA F	Sylvia Brunlehner	25	KENYA ZZ	21/08/2019	12th African Games	
2	32.22	L AAAA F	Imara Bella Thorpe	18	BARAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
3	32.65	S AAAA F *1	Kiira Geheb	18	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
4	33.19	S AAAA F *1	Niamh Baker	17	BRAEA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
5	33.37	S AAAA P	Hadassah Mumbi Gichovi	18	LCVR ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
6	33.64	S AAAA F *1	Rowena De Guzman	17	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
7	35.03	S AAAA P	Justine Nelson	17	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
8	35.07	S AAAA F	Irie Gonah	17	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
9	35.62	S AAAA F	Juhaina Islam Ali	17	BNDRI ZZ	08/02/2019	grand prix 1	
10	36.84	L AAAA F	Riva Karia	17	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019	
11	36.53	S AAAA F	Nicole Makau	17	NAC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
12	37.60	L AAAA F	Alisha Varia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
13	37.08	S AAAA F *1	Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
14	38.17	L AAAA F	Virginia Okumu	18	BHS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
15	38.56	S AAAA F	Samantha Hawala	17	LCVR ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
16	38.64	S AAAA F	Chantelle Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
17	39.95	S AAAA F	Nyanchama Ataya	17	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
18	40.78	S AAAA F	Hiral Shah	17	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
19	40.89	S AAAA F	Samira Oberson	18	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
20	41.39	S AAAA F	Shekila Athman	18	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
21	43.13	S AAAA F	Mumbi Kairo	17	NOVA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
22	44.68	S AAAA F	Rachel Schoch	18	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
23	44.82	S AAAA F	Stephanie Ondieki	23	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
24	44.84	S AAAA F	Malaika Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
25	46.21	S AAAA F	Michele Otieno	17	OTTER ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
26	48.28	S AAAA F	Sauda Namwaya	22	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
27	48.46	S AAAA F	Ann Wambui	23	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
28	49.63	S AAAA F	Barbara Kangwana	22	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
29	50.53	L AAAA F	Winnie Kanogo	17	LCM ZZ	17/05/2019	Nairobi County Swimming Champi	
30	51.59	S AAAA F	Kimberly Odhiambo	17	BARAQ ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
<b>Women 17 &amp; Over 100 Back</b>								
1	1:05.35	S AAAA F	Imara Bella Thorpe	18	MILW ZZ	19/10/2018	Millfield & Street SC Super Se	
2	1:06.94	L L AAAA F	Sylvia Brunlehner	25	KENYA ZZ	21/08/2019	12th African Games	
3	1:11.15	S AAAA F *1	Niamh Baker	17	BRAEA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
4	1:12.19	S AAAA F *1	Rowena De Guzman	17	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
5	1:14.48	S AAAA F	Riva Karia	17	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
6	1:17.59	S AAAA F	Justine Nelson	17	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
7	1:17.95	S AAAA P	Virginia Okumu	18	BHS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
8	1:21.48	L AAAA P	Nasiminyu Khatundi	20	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals	
9	1:21.04	S AAAA F	Nicole Makau	17	NAC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
10	1:22.47	S AAAA F *1	Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
11	1:25.23	L AAAA P	Alisha Varia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
12	1:24.53	S AAAA F	Juhaina Islam Ali	17	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
13	1:25.47	S S AAAA F	Chantelle Kariuki	18	SEAH ZZ	21/06/2019	Super Swim League Round 3	
14	1:26.53	S AAAA F	Samantha Hawala	17	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
15	1:28.84	S AAAA F	Nyanchama Ataya	17	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
16	1:35.93	S AAAA F	Kreena Gada	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
17	1:36.44	S S AAAA F	Malaika Kariuki	18	SEAH ZZ	21/06/2019	Super Swim League Round 3	
18	1:37.15	S AAAA F	Stephanie Ondieki	23	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
19	1:51.65	S AAAA F	Ann Wambui	23	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
20	1:52.30	S AAAA F	Dhruvee Malde	17	OANBI ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
21	2:43.45	L AAAA F	Faith KilonzoS11	25	KNPC ZZ	15/02/2019	2019 KSF Long Course Nationals	
22	2:44.13	L AAAA P	Ann WacukaS7SB6SM7	36	KNPC ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Women 17 &amp; Over 50 Breast</b>								
1	33.35	L AAAA P	Emily Muteti	21	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
2	33.83	L AAAA P	Maria Brunlehner	19	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
3	34.00	L AAAA F	Rebecca Kamau	20	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
4	36.79	L AAAA F	Hadassah Mumbi Gichovi	18	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
5	38.32	L AAAA F *1	Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
6	38.70	L AAAA F	Samantha Hawala	17	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals	
7	38.26	S AAAA F *1	Kiira Geheb	18	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI	
8	39.59	S AAAA F	Chantelle Kariuki	18	SEAH ZZ	03/05/2019	Super Swim League - Round 2	
9	41.90	L AAAA F	Samira Oberson	18	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
10	41.98	L AAAA F	Justine Nelson	17	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
11	41.43	S AAAA F	Riva Karia	17	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
12	41.57	S AAAA F	Juhaina Islam Ali	17	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
13	42.94	L AAAA F	Alisha Varia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
14	42.85	S AAAA F *1	Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
15	43.45	S	Djulla Gadzo	20	ASA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
16	44.31	S	Savla Dhanushi	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
17	45.37	S	Dhanushi Savla	17	OANBI ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
18	46.69	S	Ann Wambui	23	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
19	47.09	S	Malaika Kariuki	18	SEAH ZZ	03/05/2019	Super Swim League - Round 2	
20	47.49	S	Michele Otieno	17	OTTER ZZ	03/05/2019	Super Swim League - Round 2	
21	47.60	S	Nyanchama Ataya	17	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
22	48.07	S	Sauda Namwaya	22	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
23	48.14	S	Hiral Shah	17	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
24	48.30	S	Stephanie Ondieki	23	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
25	48.93	S	Rachel Schoch	18	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
26	49.62	S	Shekila Athman	18	AKAM ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
27	49.82	S	Barbara Kangwana	22	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
28	51.02	L	Sharon Omenda	17	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
29	51.49	L	Mary Wanjiku	21	KU ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
30	52.13	S	Salma Bashir	17	OTTER ZZ	03/05/2019	Super Swim League - Round 2	
<b>Women 17 &amp; Over 100 Breast</b>								
1	1:09.47	S AAAA F	Rebecca Kamau	20	KENYA ZZ	11/12/2018	FINA WORLD SC CHAMPS	
2	1:15.09	L AAAA P	Maria Brunlehner	19	KENYA ZZ	21/07/2019	18th FINA World Championships	
3	1:18.64	S AAAA P	Hadassah Mumbi Gichovi	18	LCVR ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI	
4	1:20.73	S AAAA F	Imara Bella Thorpe	18	BARAQ ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
5	1:26.26	L AAAA F	Samantha Hawala	17	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
6	1:27.35	L AAAA F *1	Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
7	1:29.47	S AAAA F	Chantelle Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
8	1:29.82	S AAAA F	Juhaina Islam Ali	17	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
9	1:30.58	S AAAA F	Justine Nelson	17	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
10	1:32.84	L AAAA F	Samira Oberson	18	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
11	1:31.94	S AAAA F *1	Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
12	1:35.27	L AAAA P	Alisha Varia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
13	1:40.22	L	Muhaji Okuku	17	BRASD ZZ	17/05/2019	Nairobi County Swimming Champi	
14	1:39.00	S	Djulla Gadzo	20	ASA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
15	1:39.32	S	Savla Dhanushi	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
16	1:42.14	L	Vivien Abara Ouko	17	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
17	1:42.54	S	Rachel Schoch	18	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
18	1:42.96	S	Hiral Shah	17	BNDRI ZZ	08/02/2019	grand prix 1	
19	1:43.49	S	Malaika Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
20	1:44.14	S	Nyanchama Ataya	17	LCVR ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
21	1:46.68	S	Sauda Namwaya	22	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
22	1:49.09	L	Michele Otieno	17	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
23	1:47.11 S	F	Esther Mugeni Ndwigwa	22	AFSC ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
24	1:52.76 S	F	Barbara Kangwana	22	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
25	2:06.47 L	F	Mary Wanjiku	21	KU ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	2:50.87 L	F	Winne Mukami Chege	19	MKU ZZ	17/05/2019	Nairobi County Swimming Champi
27	2:50.98 L	F	Christine Engufu	21	MKU ZZ	17/05/2019	Nairobi County Swimming Champi
28	3:28.64 L	P	Joyce AmbasaS7	36	KNPC ZZ	15/02/2019	2019 KSF Long Course Nationals
29	x3:31.98 L	P	Ann WacukaS7SB6SM7	36	KNPC ZZ	15/02/2019	2019 KSF Long Course Nationals

### Women 17 & Over 50 Fly

1	28.69 L	AAAA	P	Emily Muteti	21	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
2	28.82 L	AAAA	F	Imara Bella Thorpe	18	KENYA ZZ	21/08/2019	12th African Games
3	29.88 L	AAAA	F	Rebecca Kamau	20	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	31.54 L	AAAA	F	Nasiminyu Khatundi	20	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
5	32.14 L	AAAA	F	Riva Karia	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
6	32.31 L	AAAA	F	Hadassah Mumbi Gichovi	18	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
7	31.90 S	AAAA	F	Catherine Mason	23	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
8	32.90 L	AAAA	P	*1 Niamh Baker	17	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
9	33.07 L	AAAA	F	*1 Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
10	33.21 L	AAAA	P	*1 Rowena De Guzman	17	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
11	34.04 L	AAAA	F	Samantha Hawala	17	LCVR ZZ	17/05/2019	Nairobi County Swimming Champi
12	34.19 L	AAAA	F	Juhaina Islam Ali	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	34.38 L	AAAA	F	Chantelle Kariuki	18	SEAH ZZ	15/02/2019	2019 KSF Long Course Nationals
14	34.58 L	AAAA	F	Justine Nelson	17	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
15	35.07 L	AAAA	F	Nicole Makau	17	NAC ZZ	17/05/2019	Nairobi County Swimming Champi
16	35.15 L	AAAA	F	Virginia Okumu	18	BHS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
17	37.25 S		F	*1 Marie Vanderneulen	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
18	38.87 L		F	Samira Oberson	18	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
19	39.28 S		P	*1 Hannat Nakimuli	17	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
20	39.54 S		F	Dhanushi Savla	17	OANBI ZZ	25/01/2019	Nairobi County Level 2 Swimmin
21	39.96 S		F	Savla Dhanushi	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	40.31 S		F	Salma Bashir	17	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
23	40.46 S		F	Shekila Athman	18	AKAM ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
24	41.65 L		F	Mumbi Kairo	17	KAREN ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
25	42.06 L		F	Vivien Abara Ouko	17	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	41.40 S		F	Stephanie Ondieki	23	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	41.44 S		F	Michele Otieno	17	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
28	43.05 L		F	Muhaji Okuku	17	BRASD ZZ	17/05/2019	Nairobi County Swimming Champi
29	43.32 S		F	Kreena Gada	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
30	44.95 S		F	Rachel Schoch	18	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio

### Women 17 & Over 100 Fly

1	1:02.88 L	AAAA	P	Emily Muteti	21	KENYA ZZ	21/07/2019	18th FINA World Championships
2	1:04.24 L	AAAA	F	Imara Bella Thorpe	18	KENYA ZZ	21/08/2019	12th African Games
3	1:07.27 L	AAAA	P	Rebecca Kamau	20	WILD IL	11/07/2019	2019 LC IL Senior Swimming Cha
4	1:13.29 L	AAAA	F	Riva Karia	17	KENYA ZZ	16/02/2019	CANA Zone IV Championships 2019
5	1:15.10 L	AAAA	F	*1 Anthea Mudanye	19	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:17.59 L	AAAA	F	*1 Rowena De Guzman	17	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:16.36 S	AAAA	F	Nasiminyu Khatundi	20	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	1:18.26 S	AAAA	F	Juhaina Islam Ali	17	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
9	1:18.72 S	AAAA	F	Catherine Mason	23	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
10	1:18.82 S	AAAA	F	Chantelle Kariuki	18	SEAH ZZ	03/05/2019	Super Swim League - Round 2
11	1:20.19 S	AAAA	F	Samantha Hawala	17	BBLES ZZ	03/05/2019	Super Swim League - Round 2
12	1:27.65 S		F	Nicole Makau	17	NAC ZZ	25/01/2019	Nairobi County Level 2 Swimmin
13	1:32.32 S		F	Dhanushi Savla	17	OANBI ZZ	25/01/2019	Nairobi County Level 2 Swimmin
14	1:32.81 S		F	Savla Dhanushi	17	OANBI ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
15	1:35.39 S		F	Salma Bashir	17	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
16	1:40.45 S	F	Michele Otieno	17	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
17	1:41.35 S	F	Stephanie Ondieki	23	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
18	1:43.69 S	F	Barbara Kangwana	22	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin
19	1:49.07 S	F	Dhruvee Malde	17	OANBI ZZ	25/01/2019	Nairobi County Level 2 Swimmin
<b>Women 15 &amp; Over 200 Free</b>							
1	2:07.35 S	AAAA	F Imara Bella Thorpe	18	MILW ZZ	19/10/2018	Millfield & Street SC Super Se
2	2:15.73 L	AAAA	P Lucia Ruchti	16	KENYA ZZ	11/09/2019	Africa Junior Championships
3	2:17.93 L	AAAA	F Victoria Okumu	15	GEMS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	2:15.84 S	AAAA	F *1 Kiira Geheb	18	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
5	2:20.56 S	AAAA	F Jasmin Kimani	16	OTTER ZZ	03/05/2019	Super Swim League - Round 2
6	2:21.55 S	AAAA	P Juhaina Islam Ali	17	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
7	2:21.66 S	AAAA	F Tiana Vora	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
8	2:22.03 S	AAAA	F Virginia Okumu	18	BHS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
9	2:22.90 S	AAAA	F Mya Omondi	15	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
10	2:24.58 S	AAAA	F *1 Rowena De Guzman	17	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
11	2:26.12 S	AAAA	F Nasiminyu Khatundi	20	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
12	2:29.38 L	AAAA	F *1 Niamh Baker	17	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	2:29.72 L	AAAA	P Nurayn Bagha	15	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
14	2:29.98 S	AAAA	P *1 Ahura Ambala	15	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
15	2:32.98 S	AAAA	F Axela Echesa	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
16	2:34.05 S	AAAA	P Chantelle Kariuki	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
17	2:35.70 S	AAAA	F Angela Baraka	15	MAKIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
18	2:36.36 S	AAAA	F Kenda Maye	15	BBLES ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
19	2:39.18 S	F	Makena Tirima	16	GEMS ZZ	03/05/2019	Super Swim League - Round 2
20	2:42.60 L	P	Mukayagi Khwidzomina	16	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
21	2:40.66 S	F	Samantha Hawala	17	BBLES ZZ	03/05/2019	Super Swim League - Round 2
22	2:41.21 S	F	Hilda Maichibu	15	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
23	2:41.94 S	F	Aliya Cherogony	15	GEMS ZZ	03/05/2019	Super Swim League - Round 2
24	2:42.20 S	F	Megan Wanja Irungu	15	SBS ZZ	08/06/2019	Lifetime Age Group & Open Cham
25	2:42.44 S	F	Tendaii Nyagah	15	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	2:42.91 S	F	Khwidzomina Mukayagi	16	UNATT ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
27	2:43.10 S	F	Saloni Patel	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
28	2:46.61 L	F	Nicole Makau	17	NAC ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
29	2:44.06 S	F	Eleanor Donohue	16	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
30	2:44.88 S	P	Kreeshi Shavdia	15	OAMSA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
<b>Women 15 &amp; Over 400 Free</b>							
1	4:35.91 S	AAAA	F Imara Bella Thorpe	18	MILW ZZ	19/10/2018	Millfield & Street SC Super Se
2	4:54.24 L	AAAA	P Victoria Okumu	15	KENYA ZZ	11/09/2019	Africa Junior Championships
3	4:58.79 S	AAAA	F Juhaina Islam Ali	17	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
4	x5:08.18 L	AAAA	F Virginia Okumu	18	BHS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	5:03.77 S	AAAA	F Mya Omondi	15	GEMS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
6	5:09.68 S	AAAA	F Lucia Ruchti	16	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
7	5:20.55 L	AAAA	F Nurayn Bagha	15	KENYA ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
8	5:21.69 S	F	Jasmin Kimani	16	KESS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
9	5:22.77 S	F	Megan Wanja Irungu	15	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin
10	5:38.21 L	F	Riva Karia	17	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
11	5:32.19 S	F	Hilda Maichibu	15	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
12	5:34.69 S	F	*1 Niamh Baker	17	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
13	5:34.88 S	F	*1 Rowena De Guzman	17	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
14	5:42.27 L	F	*1 Ahura Ambala	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
15	5:37.84 S	F	Angela Baraka	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	5:45.39 L	F	Angela Baraka	15	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
17	5:46.04 S	F	Kreeshi Shavdia	15	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
18	5:55.40 L	F	Rachel Schoch	18	KENYA ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
19	5:51.44	S	F	Josette Umi Njeri	16	BNDRI ZZ	21/06/2019 CASA Inter Clubs Swimming Championship	
20	5:53.48	S	F	Tendaii Nyagah	15	RUSIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
21	5:59.96	S	F	Khwidzomina Mukayagi	16	UNATT ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
22	6:06.43	S	F	Wanjiru Kiburi	16	RUSIN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
23	6:16.37	L	F	Samantha Hawala	17	LCVR ZZ	17/05/2019 Nairobi County Swimming Champi	
24	6:29.07	S	F	Salwa A Hamza	16	CSCN ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th	
25	6:33.00	S S	F	Makena Tirima	16	GEMS ZZ	21/06/2019 Super Swim League Round 3	
26	6:44.15	S	F	Michelle Mwashha	15	MAKIN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
27	6:51.23	S	F	Shekila Athman	18	AKAM ZZ	21/06/2019 CASA Inter Clubs Swimming Championship	
<b>Women 15 &amp; Over 800 Free</b>								
1	10:08.10	S	AAAA	F	Virginia Okumu	18	BHS ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
2	10:23.74	S	AAAA	F	Victoria Okumu	15	GEMS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
3	10:26.38	S	AAAA	F	Juhaina Islam Ali	17	MAQ ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
4	10:30.27	S	AAAA	F	Jasmin Kimani	16	OTTER ZZ	03/05/2019 Super Swim League - Round 2
5	10:33.48	S	AAAA	F	Mya Omondi	15	GEMS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
6	10:44.70	S	AAAA	F	Lucia Ruchti	16	GS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
7	11:01.76	L	AAAA	F	Nurayn Bagha	15	BRAE ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
8	11:05.66	L	F	*1 Mercedes Mwebeiha	15	UGAND ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO	
9	11:18.04	S	F	*1 Niamh Baker	17	BRAEA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
10	11:41.27	S	F	Angela Baraka	15	BBLES ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH	
11	11:45.39	S	F	*1 Marie Vanderneulen	18	ISK ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
12	12:07.26	L	F	Rachel Schoch	18	KENYA ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO	
13	12:00.38	S	F	Josette Umi Njeri	16	BNDRI ZZ	21/06/2019 CASA Inter Clubs Swimming Championship	
14	12:08.73	S	F	Kenda Maye	15	BBLES ZZ	03/05/2019 Super Swim League - Round 2	
15	12:10.38	S	F	Makena Tirima	16	GEMS ZZ	03/05/2019 Super Swim League - Round 2	
16	12:41.62	L	F	Tendaii Nyagah	15	RUSIN ZZ	15/02/2019 2019 KSF Long Course Nationals	
17	12:39.38	S	F	Djulla Gadzo	20	ASA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
18	12:43.80	S	F	Lutfia Nasser	19	UNATT ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio	
19	13:29.68	S	F	Salwa A Hamza	16	CSCN ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019	
20	14:56.07	S	F	Salma Bashir	17	OTTER ZZ	03/05/2019 Super Swim League - Round 2	
<b>Women 15 &amp; Over 200 Back</b>								
1	2:34.25	S	AAAA	F	*1 Niamh Baker	17	BRAEA ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
2	2:34.47	S	AAAA	F	Victoria Okumu	15	GEMS ZZ	03/05/2019 Super Swim League - Round 2
3	2:37.10	S	AAAA	F	Tiana Vora	16	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
4	2:41.87	S	AAAA	F	*1 Rowena De Guzman	17	BRAE ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
5	2:42.02	S	AAAA	F	Riva Karia	17	BNDRI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
6	2:44.30	S	AAAA	P	Virginia Okumu	18	BHS ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
7	2:45.03	S	AAAA	P	Kenda Maye	15	BBLES ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
8	2:45.50	S	AAAA	F	Jasmin Kimani	16	OTTER ZZ	03/05/2019 Super Swim League - Round 2
9	2:45.69	S	AAAA	F	Mya Omondi	15	GEMS ZZ	03/05/2019 Super Swim League - Round 2
10	2:49.90	L	AAAA	P	Hadassah Mumbi Gichovi	18	LCVR ZZ	15/02/2019 2019 KSF Long Course Nationals
11	2:49.99	L	AAAA	F	*1 Mercedes Mwebeiha	15	UGAND ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO
12	2:50.74	L	AAAA	F	Lucia Ruchti	16	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
13	2:54.66	L	AAAA	P	Nasiminyu Khatundi	20	KESS ZZ	15/02/2019 2019 KSF Long Course Nationals
14	2:52.40	S	AAAA	F	Kreeshi Shavdia	15	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
15	2:53.25	S	AAAA	F	Nicole Makau	17	NAC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
16	2:58.61	S	AAAA	F	Nurayn Bagha	15	BSC ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
17	2:58.72	S	AAAA	F	Angela Baraka	15	BBLES ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
18	2:58.90	S	AAAA	F	Saloni Patel	16	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
19	3:03.57	S	F	Eleanor Donohue	16	ISK ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
20	3:04.81	S	F	Lutfia Nasser	19	OTTER ZZ	03/05/2019 Super Swim League - Round 2	
21	3:08.57	L	F	Aliya Cherogony	15	GEMS ZZ	15/02/2019 2019 KSF Long Course Nationals	
22	3:06.90	S	F	Yashna Khattry	16	ISK ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	
23	3:07.41	S	F	Tendaii Nyagah	15	RUSIN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio	



## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
24	3:10.70	S	P	Nyanchama Ataya	17	LCVR ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
25	3:34.08	L	F	Mitchell Atieno	16	TORP ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
26	3:35.94	S	F	Nduta Gicheru	16	NOVA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
<b>Women 15 &amp; Over 200 Breast</b>							
1	2:29.49	S	AAAA	F	Rebecca Kamau	20	KENYA ZZ 11/12/2018 FINA WORLD SC CHAMPS
2	2:54.34	S	AAAA	F	Hadassah Mumbi Gichovi	18	LCVR ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
3	2:58.35	L	AAAA	P	Jasmin Kimani	16	OTTER ZZ 11/09/2019 Africa Junior Championships
4	3:14.11	L	AAAA	F	Samantha Hawala	17	LCVR ZZ 15/02/2019 2019 KSF Long Course Nationals
5	3:11.12	S	AAAA	P	Aisha Nasser	16	OTTER ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
6	3:14.85	S	AAAA	F	Kimberly Nyawira	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS
7	3:16.28	S	AAAA	F	Angela Baraka	15	BBLES ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
8	3:16.78	S	AAAA	F	Victoria Okumu	15	GEMS ZZ 21/06/2019 Super Swim League Round 3
9	3:18.77	S	AAAA	F	Juhaina Islam Ali	17	MAQ ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
10	3:24.19	L	AAAA	F	Samira Oberson	18	BNDRI ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
11	3:24.33	L	AAAA	F	*I Ahura Ambala	15	UGAND ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
12	3:22.98	S	F	Saloni Patel	16	AKAM ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th	
13	3:31.66	L	F	Camilla Achieng	15	TORP ZZ 15/02/2019 2019 KSF Long Course Nationals	
14	3:28.14	S	F	Hilda Maichibu	15	AKAM ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th	
15	3:33.78	L	P	Alisha Varia	17	BNDRI ZZ 11/04/2019 2019 KSF Nationals Swimming Trials	
16	3:36.86	L	P	Alicia Muli	16	TORP ZZ 15/02/2019 2019 KSF Long Course Nationals	
17	3:33.01	S	F	Djulla Gadzo	20	ASA ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio	
18	3:37.49	S	F	Christine Tamironi	17	NOVA ZZ 08/06/2019 Lifetime Age Group & Open Cham	
19	3:37.55	S	F	Victoria Ashley	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS	
20	3:42.04	L	F	Vivien Abara Ouko	17	SEAH ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
21	3:41.54	S	F	Tendaii Nyagah	15	RUSIN ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio	
22	3:42.62	S	F	Michelle Njambi	15	BBLES ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio	
23	3:58.35	L	F	Nyanchama Ataya	17	BBLES ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
24	3:59.74	S	F	Ann Wambui	23	KU ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio	
25	4:06.17	L	F	Malaika Kariuki	18	SEAH ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
26	4:38.82	S	F	Therese Maruti	15	LSC ZZ 08/06/2019 Lifetime Age Group & Open Cham	
27	4:46.81	S	F	Abigael Muthoni	15	NOVA ZZ 08/06/2019 Lifetime Age Group & Open Cham	
<b>Women 15 &amp; Over 200 Fly</b>							
1	2:35.91	S	AAAA	F	Riva Karia	17	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONS
2	2:39.38	L	AAAA	P	Victoria Okumu	15	GEMS ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
3	2:49.82	L	AAAA	P	*I Daya Mpeera Yalonda	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
4	2:49.92	L	AAAA	P	*I Alexis Kituuka	15	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals
5	2:48.27	S	AAAA	F	*I Rowena De Guzman	17	BRAE ZZ 15/03/2019 Super Swim League - Round 1
6	2:53.49	S	F	Nurayn Bagha	15	BRAE ZZ 15/03/2019 Super Swim League - Round 1	
7	2:58.99	L	P	*I Anthea Mudanye	19	SEALS ZZ 15/02/2019 2019 KSF Long Course Nationals	
8	2:56.43	S	F	Hadassah Mumbi Gichovi	18	OTTER ZZ 15/03/2019 Super Swim League - Round 1	
9	3:00.74	S	F	Virginia Okumu	18	BHS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio	
10	3:13.74	S	F	Chantelle Kariuki	18	SEAH ZZ 15/03/2019 Super Swim League - Round 1	
11	3:20.38	S	F	*I Ahura Ambala	15	SEAH ZZ 15/03/2019 Super Swim League - Round 1	
12	3:40.45	S	F	Salwa A Hamza	16	CSCN ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019	
13	3:46.66	S	F	Kayla Nyambu	15	OTTER ZZ 15/03/2019 Super Swim League - Round 1	
14	4:20.67	S	F	Barbara Kangwana	22	KU ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio	
<b>Women 15 &amp; Over 200 IM</b>							
1	2:22.18	L	AAAA	F	Rebecca Kamau	20	KENYA ZZ 21/08/2019 12th African Games
2	2:24.02	L	AAAA	F	Maria Brunlehner	19	KENYA ZZ 21/08/2019 12th African Games
3	2:35.97	L	AAAA	P	Imara Bella Thorpe	18	BARAQ ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
4	2:36.90	L	AAAA	F	Emily Muteti	21	MAQ ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
5	2:40.70	L	AAAA	P	Victoria Okumu	15	KENYA ZZ 11/09/2019 Africa Junior Championships
6	2:41.68	L	AAAA	P	Jasmin Kimani	16	OTTER ZZ 11/09/2019 Africa Junior Championships

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr				
7	2:45.12	L	AAAA	P	Lucia Ruchti	16	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
8	2:46.55	L	AAAA	F	Hadassah Mumbi Gichovi	18	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	2:44.04	S	AAAA	F	Riva Karia	17	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
10	2:48.25	L	AAAA	P	Sylvia Brunlehner	25	UNATT ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
11	2:45.32	S	AAAA	F	Juhaina Islam Ali	17	BNDRI ZZ	08/02/2019	grand prix 1
12	2:50.07	L	AAAA	P	*I Niamh Baker	17	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	2:47.99	S	AAAA	F	*I Rowena De Guzman	17	BRAE ZZ	15/03/2019	Super Swim League - Round 1
14	2:51.33	L	AAAA	F	*I Daya Mpeera Yalonda	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
15	2:51.52	L	AAAA	P	Virginia Okumu	18	BHS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
16	2:51.99	L	AAAA	F	*I Alexis Kituuka	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
17	2:51.53	S	AAAA	F	Chantelle Kariuki	18	SEAH ZZ	15/03/2019	Super Swim League - Round 1
18	2:55.70	L	AAAA	F	Nurayn Bagha	15	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
19	2:56.18	L	AAAA	F	Mya Omondi	15	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
20	2:56.88	L	AAAA	F	Angela Baraka	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	2:58.95	L	AAAA	P	Nasiminyu Khatundi	20	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
22	2:59.91	L	AAAA	F	Aisha Nasser	16	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
23	2:58.40	S	AAAA	F	Irie Gonah	17	SEAH ZZ	15/03/2019	Super Swim League - Round 1
24	3:01.65	L	AAAA	P	Samantha Hawala	17	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
25	3:02.46	L	AAAA	F	Tiana Vora	16	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	2:59.75	S	AAAA	F	Justine Nelson	17	BNDRI ZZ	08/02/2019	grand prix 1
27	3:03.69	L	AAAA	F	Samira Oberson	18	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
28	3:04.00	L	AAAA	F	Megan Wanja Irungu	15	LCVR ZZ	15/02/2019	2019 KSF Long Course Nationals
29	3:06.40	L	AAAA	P	Kimberly Nyawira	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
30	3:03.30	S	AAAA	F	*I Ahura Ambala	15	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
<b>Women 15 &amp; Over 400 IM</b>									
1	5:42.64	S	AAAA	F	Riva Karia	17	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
2	5:45.95	S	AAAA	F	Tiana Vora	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
3	5:49.55	S	AAAA	P	Juhaina Islam Ali	17	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
4	5:58.10	S	AAAA	F	Nurayn Bagha	15	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
5	5:59.96	S	AAAA	F	*I Rowena De Guzman	17	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
6	6:18.57	L	AAAA	F	*I Daya Mpeera Yalonda	15	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
7	6:23.36	S		F	Hilda Maichibu	15	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
8	6:31.03	S		F	Kreeshi Shavdia	15	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
9	6:37.88	S		F	*I Ahura Ambala	15	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin
10	6:40.58	S		F	Megan Wanja Irungu	15	LCVR ZZ	25/01/2019	Nairobi County Level 2 Swimmin
11	6:45.20	S		F	Tendaii Nyagah	15	RUSIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
12	7:01.62	S		F	Rachel Schoch	18	BSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	7:16.90	L		F	Camilla Achieng	15	TORP ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
<b>Men 11-12 50 Free</b>									
1	29.04	S	AAAA	F	Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
2	29.07	S	AAAA	F	Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
3	30.49	L	AAAA	F	*I Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
4	30.66	L	AAAA	F	Adam Abdulmalik	12	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
5	30.15	S	AAAA	F	Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
6	31.07	L	AAAA	F	Daniel Kamau	12	STKRS ZZ	17/05/2019	Nairobi County Swimming Champi
7	30.43	S	AAAA	F	Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	30.55	S	AAAA	F	Samuel Kibogo	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
9	31.66	L	AAAA	F	*I Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
10	31.88	L	AAAA	P	*I Keon Walusimbi	12	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
11	32.11	L	AAAA	F	Johari Masinde	12	KENTC ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
12	32.19	L	AAAA	F	*I Lyndon Darker	12	BANDA ZZ	15/02/2019	2019 KSF Long Course Nationals
13	32.42	L	AAAA	F	*I Pendo Kaumi	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
14	32.83	L	AAAA	P	Jaison Jalang'o	12	KESS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
15	32.51	S		F	Mohammed Sheikh	12	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
16	33.38	L	F *1 Inhyensiko Peterson	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
17	32.93	S	F Curtis Kamotho	11	OTTER ZZ	09/03/2019	Nairobi County Junior Championships
18	33.78	L	F Ameir Muravvej	11	BNDRI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
19	33.79	L	F Nathan Matimu	11	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
20	33.85	L	F Julian Smith	12	SEAH ZZ	06/07/2019	The Manchester Non National Me
21	33.07	S	F Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	33.31	S	F Rieko Kidha	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
23	33.37	S	P *1 Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
24	34.21	L	P Al-Mustapha Hassan	12	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
25	33.45	S	F Ngesa Hawala	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	33.63	S	F Belal Tarek Al-Saadawi	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	33.75	S	F Gabriel Wambua	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
28	33.78	S	F Gift Beriny	12	MPSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
29	34.64	L	F Belal Alsaadawi	12	BHS ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
30	34.69	L	P *1 Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
<b>Men 11-12 100 Free</b>							
1	1:06.53	S	AAAA F Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
2	1:07.04	S	AAAA F Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
3	1:07.42	S	AAAA F Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
4	1:08.29	S	AAAA F Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
5	1:10.19	L	AAAA F *1 Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
6	1:08.68	S	AAAA F Adam Abdulmalik	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
7	1:11.03	L S	AAAA F Samuel Kibogo	12	SEAH ZZ	06/07/2019	The Manchester Non National Me
8	1:09.95	S	AAAA F *1 Pendo Kaumi	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
9	1:12.32	L	AAAA F *1 Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
10	1:12.37	L	AAAA P Daniel Kamau	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
11	1:11.00	S	AAAA F Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
12	1:13.12	L	AAAA P *1 Keon Walusimbi	12	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
13	1:15.32	L	AAAA F Al-Mustapha Hassan	12	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
14	1:14.46	S	AAAA F Rieko Kidha	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
15	1:14.59	S	AAAA F Mohammed Sheikh	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
16	1:14.66	S	AAAA F Nathan Matimu	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
17	1:17.07	L	AAAA P Belal Alsaadawi	12	BHS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
18	1:17.08	L	AAAA F *1 Ttyaba Kigundu	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
19	1:15.97	S	AAAA F Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	1:17.73	L	AAAA F Ameir Muravvej	11	BNDRI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
21	1:17.74	L	AAAA P *1 Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
22	1:17.99	L	AAAA P *1 Lyndon Darker	12	BANDA ZZ	15/02/2019	2019 KSF Long Course Nationals
23	1:18.09	L	AAAA P *1 Inhyensiko Peterson	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
24	1:18.73	L	AAAA P Jaison Jalang'o	12	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
25	1:18.86	L	AAAA F Curtis Kamotho	11	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
26	1:17.57	S	P Tariq Salim Kitendo	12	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
27	1:17.62	S	F Xidi Munene Nyagah	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
28	1:19.44	L S	F Julian Smith	12	SEAH ZZ	06/07/2019	The Manchester Non National Me
29	1:19.77	L S	F Darsh Shah	11	SEAH ZZ	06/07/2019	The Manchester Non National Me
30	1:20.08	L	P *1 Ethani Ssengooba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
<b>Men 11-12 50 Back</b>							
1	35.80	L	AAAA F *1 Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
2	36.23	S	AAAA F Samuel Kibogo	12	SEAH ZZ	15/03/2019	Super Swim League - Round 1
3	36.92	S	AAAA F Joshua Masakha	12	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
4	37.38	S	AAAA F Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
5	37.41	S	AAAA F Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
6	38.51	L	AAAA P Daniel Kamau	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
7	39.07	L	AAAA F *1 Lyndon Darker	12	BANDA ZZ	15/02/2019	2019 KSF Long Course Nationals

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr				
8	39.45	L	AAAA	F	Michael Kalombo	12	LSC ZZ	17/05/2019	Nairobi County Swimming Champi
9	38.92	S	AAAA	F	*1 Sathyam Gohil	12	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
10	39.17	S	AAAA	F	Jesse Kioko	12	RUSIN ZZ	09/03/2019	Nairobi County Junior Championships
11	40.09	L	AAAA	F	Fred Imani	12	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
12	40.26	L	AAAA	F	*1 Pendo Kaumi	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
13	40.32	L	AAAA	F	Al-Mustapha Hassan	12	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
14	39.83	S	AAAA	F	Belal Tarek Al-Saadawi	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
15	40.45	L	AAAA	P	Ngesa Hawala	12	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals
16	39.88	S	AAAA	P	*1 Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
17	40.53	L	AAAA	P	Belal Alsaadawi	12	BHS ZZ	15/02/2019	2019 KSF Long Course Nationals
18	40.58	L	AAAA	F	*1 Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
19	40.23	S	AAAA	P	*1 Joshua Kaganda	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
20*	40.46	S	AAAA	F	Mohammedali N. Khandwalla	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
20*	40.46	S	AAAA	P	*1 Nahamya Malcom	11	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
22	40.55	S	AAAA	P	Tariq Salim Kitendo	12	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
23	41.18	L	AAAA	F	Xidi Munene Nyagah	12	HSSCA ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
24	40.77	S	AAAA	F	Rieko Kidha	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
25	40.80	S	AAAA	F	Adam Abdulmalik	12	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
26	41.59	L		F	Curtis Kamotho	11	OTTER ZZ	17/05/2019	Nairobi County Swimming Champi
27	41.78	L		P	*1 Keon Walusimbi	12	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
28	42.10	L		P	*1 Ethani Ssengooba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
29	41.59	S		F	Mohammed Sheikh	12	OAMSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
30	41.64	S		F	Ameir Muravvej	11	BNDRI ZZ	08/02/2019	grand prix 1
<b>Men 11-12 100 Back</b>									
1	1:19.18	S	AAAA	F	Samuel Kibogo	12	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
2	1:23.14	L	AAAA	F	*1 Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
3	1:22.78	S	AAAA	F	Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
4	1:23.79	S	AAAA	F	Daniel Kamau	12	STKRS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
5	1:23.80	S	AAAA	F	Jesse Kioko	12	RUSIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
6	1:23.94	S	AAAA	F	*1 Sathyam Gohil	12	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
7	1:24.81	S	AAAA	F	*1 Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
8	1:26.28	S	AAAA	F	Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
9	1:26.41	S	AAAA	F	Joshua Masakha	12	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
10	1:27.09	S	AAAA	F	Belal Tarek Al-Saadawi	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
11	1:28.60	L	AAAA	F	Fred Imani	12	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
12	1:28.77	L	AAAA	F	*1 Pendo Kaumi	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
13	1:28.02	S	AAAA	F	Al-Mustapha Hassan	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
14	1:28.10	S	AAAA	F	Michael Kalombo	12	LSC ZZ	08/06/2019	Lifetime Age Group & Open Cham
15	1:29.46	L	AAAA	P	*1 Keon Walusimbi	12	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
16	1:28.79	S		F	Belal Alsaadawi	12	BHS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
17	1:29.31	S S		F	Curtis Kamotho	11	OTTER ZZ	21/06/2019	Super Swim League Round 3
18	1:30.54	L		F	Xidi Munene Nyagah	12	HSSCA ZZ	17/05/2019	Nairobi County Swimming Champi
19	1:31.09	L		F	Ngesa Hawala	12	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals
20	1:30.29	S		F	Mohammedali N. Khandwalla	12	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
21	1:30.83	S		F	Rieko Kidha	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
22	1:31.59	S S		F	Joel Nyaika	11	OTTER ZZ	21/06/2019	Super Swim League Round 3
23	1:33.22	S		F	Julian Smith	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
24	1:33.86	S		F	*1 Sahal Harunani	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
25	1:35.18	L		F	Karl Senanu	11	SEAH ZZ	06/07/2019	The Manchester Non National Me
26	1:34.25	S		F	Mohammed Sheikh	12	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
27	1:34.82	S S		F	Mwaniki Muigai	12	OTTER ZZ	21/06/2019	Super Swim League Round 3
28	1:34.95	S		F	Ameir Muravvej	11	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
29	1:36.72	L		P	Riyadh Abubakar	12	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
30	1:37.33	L		F	Kyle Ongera	12	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Men 11-12 50 Breast</b>								
1	39.26	S AAAA	F Mohammed Sheikh	12	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
2	39.86	S AAAA	F Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
3	41.55	L AAAA	F Ameer Muravvej	11	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
4	41.69	L AAAA	F *I Ttyaba Kigundu	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
5	41.86	L AAAA	F *I Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
6	41.30	S AAAA	F Adam Abdulmalik	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
7	42.60	L AAAA	P *I Lyndon Darker	12	BANDA ZZ	15/02/2019	2019 KSF Long Course Nationals	
8	42.89	L AAAA	F *I Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
9	42.17	S	F Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
10	42.56	S	F Jesse Kioko	12	RUSIN ZZ	09/03/2019	Nairobi County Junior Championships	
11	42.85	S	F Gabriel Wambua	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
12	44.18	L	F *I Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
13	43.34	S	F Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
14	44.36	L	F Joel Nyaika	11	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
15	44.44	L	P *I Daniel Nuwagaba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
16	43.86	S	F *I Delbert Panya	12	AKAM ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
17	44.92	L	F Andrew Okoth	12	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group	
18	43.97	S	F Shaka Gikunda	12	OTTER ZZ	03/05/2019	Super Swim League - Round 2	
19	45.07	L	P *I Nahamya Malcom	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
20	45.37	L	P *I Ethani Ssengooba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
21	44.68	S	F Samuel Kibogo	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	
22	44.77	S	F Belal Tarek Al-Saadawi	12	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
23	44.83	S	F Gift Beriny	12	MPSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
24	44.94	S	F Ngesa Hawala	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
25	45.99	L	P *I Inhyensiko Peterson	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
26	45.03	S	F Hamud Abeid	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
27	46.23	L	P *I Keon Walusimbi	12	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
28	46.28	L	P Belal Alsaadawi	12	BHS ZZ	15/02/2019	2019 KSF Long Course Nationals	
29	45.34	S	F Curtis Kamotho	11	OTTER ZZ	09/03/2019	Nairobi County Junior Championships	
30	46.45	L	F Harnek Singh	12	SEAH ZZ	06/07/2019	The Manchester Non National Me	
<b>Men 11-12 100 Breast</b>								
1	1:28.46	S AAAA	F Mohammed Sheikh	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
2	1:31.90	L AAAA	F Ameer Muravvej	11	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
3	1:30.34	S AAAA	F Adam Abdulmalik	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
4	1:32.51	L AAAA	F Jesse Kioko	12	RUSIN ZZ	15/02/2019	2019 KSF Long Course Nationals	
5	1:32.67	L AAAA	F *I Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
6	1:31.01	S AAAA	F Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
7	1:33.62	L AAAA	F *I Ttyaba Kigundu	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
8	1:33.12	S AAAA	F Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
9	1:35.48	L AAAA	P *I Daniel Nuwagaba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
10	1:35.38	S AAAA	F Gabriel Wambua	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
11	1:38.57	L AAAA	F *I Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
12	1:40.47	L	F Andrew Okoth	12	BNDRI ZZ	03/04/2019	SA Level 2 Regional Age Group	
13	1:38.71	S	F *I Delbert Panya	12	AKAM ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
14	1:39.13	S	F Warren Lwanya	12	BBLES ZZ	15/03/2019	Super Swim League - Round 1	
15	1:42.08	L	P *I Nahamya Malcom	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
16	1:40.13	S	F Samuel Kibogo	12	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
17	1:42.47	L	P *I Ethani Ssengooba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
18	1:40.66	S	P *I Joshua Kaganda	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
19	1:42.72	L	F Joel Nyaika	11	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
20	1:41.79	S	F Ngesa Hawala	12	BBLES ZZ	15/03/2019	Super Swim League - Round 1	
21	1:43.81	L	F Curtis Kamotho	11	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	
22	1:44.18	L	F Daniel Kamau	12	STRSC ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr			
23	1:42.39	S	P	*1 Delbert Panya	12	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
24	1:44.56	L	F	Hamek Singh	12	SEAH ZZ	06/07/2019	The Manchester Non National Me
25	1:43.23	S	F	Alvin Mulandi	12	SHAQS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	1:45.27	L	P	Belal Alsaadawi	12	BHS ZZ	15/02/2019	2019 KSF Long Course Nationals
27	1:45.68	L	F	Abdilahi Omar Yassin	12	KIDS ZZ	17/05/2019	Nairobi County Swimming Champi
28	1:44.28	S	F	Jeremy Kombe	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
29	1:46.63	L	P	*1 Inhyensiko Peterson	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
30	1:46.68	L	F	Allan Kibui	12	KIDS ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Men 11-12 50 Fly</b>								
1	32.21	L	AAAA	F *1 Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
2	34.25	L	AAAA	F *1 Pendo Kaumi	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
3	33.79	S	AAAA	F Joshua Masakha	12	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3
4	34.51	L	AAAA	F *1 Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
5	34.63	L	AAAA	F *1 Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	34.65	L	AAAA	F Samuel Kibogo	12	SEAH ZZ	06/07/2019	The Manchester Non National Me
7	34.09	S	AAAA	F Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	35.09	L	AAAA	F Daniel Kamau	12	STKRS ZZ	17/05/2019	Nairobi County Swimming Champi
9	34.55	S	AAAA	F Jesse Kioko	12	HSSCA ZZ	19/01/2019	Nairobi County Junior Champion
10	35.74	L	AAAA	F Michael Kalombo	12	LSC ZZ	17/05/2019	Nairobi County Swimming Champi
11	35.48	S	AAAA	F Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
12	36.38	L	AAAA	F Adam Abdulmalik	12	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
13	36.85	L	AAAA	F *1 Lyndon Darker	12	BANDA ZZ	15/02/2019	2019 KSF Long Course Nationals
14	37.12	L	AAAA	F *1 Ethani Ssengooba	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
15	37.30	L	AAAA	F *1 Ttyaba Kigundu	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
16	36.78	S	SAAAA	F Joel Nyaika	11	OTTER ZZ	21/06/2019	Super Swim League Round 3
17	37.47	S	AAAA	F Xidi Munene Nyagah	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
18	37.71	S	AAAA	F Ameir Muravvej	11	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
19	37.82	S	SAAAA	F Dante Echessah	11	OTTER ZZ	21/06/2019	Super Swim League Round 3
20	37.90	S	AAAA	F Julian Smith	12	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
21	37.93	S	AAAA	F *1 Sathyam Gohil	12	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
22	39.01	L	F	F Warren Lwanya	12	BBLES ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
23	39.04	L	P	Belal Alsaadawi	12	BHS ZZ	15/02/2019	2019 KSF Long Course Nationals
24	38.53	S	F	Curtis Kamotho	11	OTTER ZZ	09/03/2019	Nairobi County Junior Championships
25	39.31	L	P	Fred Imani	12	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
26	38.76	S	F	*1 Sahal Harunani	11	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	38.81	S	F	Mohammed Sheikh	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
28	40.31	L	F	Shaka Gikunda	12	OTTER ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
29	40.43	S	P	*1 Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
30	41.48	L	F	Nathan Matimu	11	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
<b>Men 11-12 100 Fly</b>								
1	1:15.43	S	AAAA	F Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
2	1:17.89	S	AAAA	F Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
3	1:18.23	S	AAAA	F Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
4	1:19.73	L	AAAA	F *1 Abduljabar Adama	11	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
5	1:22.39	L	AAAA	F *1 Pendo Kaumi	12	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:22.87	L	AAAA	F *1 Jordan Ssamula	11	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:23.54	S	AAAA	F Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	1:26.37	L	AAAA	F Daniel Kamau	12	STKRS ZZ	17/05/2019	Nairobi County Swimming Champi
9	1:27.16	L	F	*1 Chukwudi Kanu	12	IKOYI ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
10	1:25.79	S	F	Michael Kalombo	12	LSC ZZ	08/06/2019	Lifetime Age Group & Open Cham
11	1:25.90	S	F	*1 Sathyam Gohil	12	MAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
12	1:27.55	S	F	Xidi Munene Nyagah	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	1:28.38	S	F	Joel Nyaika	11	OTTER ZZ	03/05/2019	Super Swim League - Round 2
14	1:29.97	S	F	Curtis Kamotho	11	OTTER ZZ	03/05/2019	Super Swim League - Round 2

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Times since: 01-Oct-18 Times until: 06-Oct-19

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	Time	P/F/S	Name	Age/Yr			
15	1:30.56	S	F	Dante Echessah	11	OTTER ZZ	03/05/2019 Super Swim League - Round 2
16	1:33.67	S	F	Sabbah Leunoto	12	MAQ ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
17	1:34.12	S	F	Fred Imani	12	MPSC ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
18	1:34.40	S	F	*I Sahal Harunani	11	BFINS ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
19	1:38.26	L	P	*I Ethani Ssengooba	11	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
20	1:37.46	S	F	Belal Alsaadawi	12	BHS ZZ	25/01/2019 Nairobi County Level 2 Swimmin
21	1:37.73	S	F	Ameir Muravvej	11	BNDRI ZZ	08/03/2019 CASA GRAND PRIX 2 8TH - 9TH MARCH :
22	1:41.51	L	F	Jonathan Weru	11	STRSC ZZ	30/11/2018 JUNIOR SWIMMING CHAMPIONSHIP
23	1:40.44	S	F	Nick Waziri	12	RUSIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
24	1:40.91	S	F	Jaison Jalang'o	12	KESS ZZ	03/05/2019 Super Swim League - Round 2
25	1:42.98	L	F	Jeremy Kombe	11	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
26	1:43.54	L	F	Nathan Matimu	11	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
27	1:42.22	S	F	Kyle Ongera	12	OTTER ZZ	03/05/2019 Super Swim League - Round 2
28	1:42.39	S	F	Mohammedali N. Khandwalla	12	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
29	1:42.89	S	F	Gabriel Wambua	12	MAKIN ZZ	25/01/2019 Nairobi County Level 2 Swimmin
30	1:43.10	S	F	Henry Ayumba	11	OTTER ZZ	03/05/2019 Super Swim League - Round 2
<b>Men 13-14 50 Free</b>							
1	25.84	L	AAAA	F	Aryen Muravvej	14	KENYA ZZ 11/09/2019 Africa Junior Championships
2	27.29	L	AAAA	F	Jesse Onyach	14	GEMS ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
3	27.96	L	AAAA	F	Ivan Hart	13	KENYA ZZ 16/02/2019 CANA Zone IV Championships 2019
4	28.28	L	AAAA	F	*I Paulsen Settumba	14	DSC-K ZZ 15/02/2019 2019 KSF Long Course Nationals
5	28.98	L	AAAA	P	*I Joshua Lumonya	14	SFA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
6	29.00	L	AAAA	F	Ishaq Bashir	14	KESS ZZ 15/02/2019 2019 KSF Long Course Nationals
7	29.13	L	AAAA	P	Owen Maywaka	14	MAKIN ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
8	29.55	L	AAAA	P	Daniel Agosta	14	SAA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
9	28.92	S	AAAA	F	Njukia Kihara	13	BRAE ZZ 15/03/2019 Super Swim League - Round 1
10	29.74	L	AAAA	P	Evans Kanja	14	KESS ZZ 15/02/2019 2019 KSF Long Course Nationals
11	29.00	S	AAAA	F	*I Tendo Kaumi	14	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
12	29.06	S	AAAA	F	Khalid Walid	14	BHS ZZ 08/06/2019 Lifetime Age Group & Open Cham
13	29.95	L	AAAA	P	Carlo Blunsum	13	SEAH ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
14	30.21	L	AAAA	F	Njenga Gichigi	14	OTTER ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
15	30.24	L	AAAA	F	*I Jed Beer	14	SEAH ZZ 17/05/2019 Nairobi County Swimming Champi
16	29.70	S	AAAA	F	Njukia Kihara	13	SAST 04/10/2019 Nairobi County Level 2 Swimming Champio
17	30.62	L	AAAA	P	*I Andile Mhlope	13	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
18*	30.65	L	AAAA	F	Eric Shivo	13	RUSIN ZZ 17/05/2019 Nairobi County Swimming Champi
18*	30.65	L	AAAA	F	*I Steve Magera	14	DSC-K ZZ 15/02/2019 2019 KSF Long Course Nationals
20	30.23	S	F	Hakeem Salim Kitendo	13	BNDRI ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH	
21	30.25	S	F	Kieran Hunter	14	SAST 04/10/2019 Nairobi County Level 2 Swimming Champio	
22	30.67	S	F	*I Shad Frantz	13	SEAH ZZ 15/03/2019 Super Swim League - Round 1	
23	31.54	L	F	Abdul Bagha	13	KENYA ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO	
24	31.61	L	P	Nathan Muchai	13	KESS ZZ 11/04/2019 2019 KSF Nationals Swimming Trials	
25	31.65	L	F	Keath Ogambi	14	BNDRI ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
26	31.78	L	P	*I Kevin Rugaaju	13	DSC-K ZZ 15/02/2019 2019 KSF Long Course Nationals	
27	31.19	S	F	Ali Nahdy	13	MAQ ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH	
28	32.04	L	P	Haniel Kudwoli	13	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials	
29	31.70	S	F	*I Shane Birungi	13	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH	
30	31.87	S	F	Yiorgos Birbilis	14	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio	
<b>Men 13-14 100 Free</b>							
1	58.76	L	AAAA	F	Ivan Hart	13	SWCW 29/07/2019 Swim Wales Summer Open Meet 2019
2	57.91	S	AAAA	F	Aryen Muravvej	14	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
3	1:00.03	L	AAAA	P	Jesse Onyach	14	KENYA ZZ 11/09/2019 Africa Junior Championships
4	1:04.50	L	AAAA	P	Ishaq Bashir	14	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
5	1:03.00	S	AAAA	F	*I Tendo Kaumi	14	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
6	1:04.67	L	AAAA	F	*I Paulsen Settumba	14	DSC-K ZZ 15/02/2019 2019 KSF Long Course Nationals

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	Time	P/F/S	Name	Age/Yr				
7	1:05.30	L AAAA	P *I Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
8	1:06.59	L AAAA	P Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
9	1:07.03	L AAAA	F *I John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals	
10	1:05.50	S SAAAA	F Carlo Blunsum	13	SEAH ZZ	21/06/2019	Super Swim League Round 3	
11	1:05.91	S SAAAA	F *I Andile Mhlope	13	OTTER ZZ	21/06/2019	Super Swim League Round 3	
12	1:06.07	S AAAA	F Owen Maywaka	14	MAKIN ZZ	08/06/2019	Lifetime Age Group & Open Cham	
13	1:07.95	L AAAA	P *I Shad Frantz	13	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
14	1:06.45	S AAAA	F Eric Shivo	13	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
15	1:08.61	L AAAA	P Evans Kanja	14	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals	
16	1:08.75	L AAAA	P *I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
17	1:07.38	S AAAA	F Khalid Walid	14	BHS ZZ	08/06/2019	Lifetime Age Group & Open Cham	
18	1:08.98	L AAAA	F Njukia Kihara	13	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals	
19	1:08.17	S	F Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
20	1:08.63	S	F Ali Nahdy	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
21	1:08.70	S	F Nathan Muchai	13	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
22	1:10.78	L	F Daniel Agosta	14	SAA ZZ	17/05/2019	Nairobi County Swimming Champi	
23	1:10.89	L	F Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
24	1:10.21	S	F *I Shane Birungi	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
25	1:10.83	S	F Njukia Kihara	13	SAST	04/10/2019	Nairobi County Level 2 Swimming Champio	
26	1:10.85	S	F Julian Colville	14	PEP-S ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
27	1:11.56	S	F Njenga Gichigi	14	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
28	1:12.42	S	F *I Finlay Bell	14	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
29	1:12.78	S	F Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship	
30	1:14.81	L	P Sean Kariuki	14	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals	
<b>Men 13-14 50 Back</b>								
1	30.69	S AAAA	F Aryen Muravvej	14	BNDRI ZZ	10/05/2019	CASA Time Trials	
2	32.11	L AAAA	P Ivan Hart	13	SWCW	29/07/2019	Swim Wales Summer Open Meet 2019	
3	32.50	S AAAA	P *I Tendo Kaumi	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
4	33.03	S AAAA	P Ishaq Bashir	14	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
5	33.52	S AAAA	F Carlo Blunsum	13	PEP-S ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
6	34.52	L AAAA	F *I Jed Beer	14	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi	
7	34.31	S AAAA	F Njukia Kihara	13	BRAE ZZ	15/03/2019	Super Swim League - Round 1	
8	34.95	L AAAA	F *I Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
9	35.00	S AAAA	F *I Paulsen Settumba	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
10	35.46	S AAAA	F Nathan Muchai	13	KESS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
11	35.75	S AAAA	F Khalid Walid	14	BHS ZZ	08/06/2019	Lifetime Age Group & Open Cham	
12	35.87	S	F Jesse Onyach	14	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
13	36.62	L	F Haniel Kudwoli	13	STM ZZ	17/05/2019	Nairobi County Swimming Champi	
14	36.17	S	F Njukia Kihara	13	SAST	04/10/2019	Nairobi County Level 2 Swimming Champio	
15	36.22	S	F Abdul Bagha	13	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
16	37.10	L	F *I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
17	36.56	S	F Evans Kanja	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
18	36.87	S	F Julian Colville	14	PEP-S ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
19	37.09	S	F Owen Maywaka	14	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
20	37.23	S	F Malachi Kirui	13	BRASD ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
21	38.09	L	F Njenga Gichigi	14	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
22	38.33	L S	F Charles Smith	14	SEAH ZZ	06/07/2019	The Manchester Non National Me	
23	38.39	L	F *I Kevin Rugaaju	13	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
24	38.41	L	P *I Antonio Smit	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
25	38.48	L	F Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
26	38.02	S	F *I Shad Frantz	13	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
27*	38.56	S	F Eric Shivo	13	BBLES ZZ	15/03/2019	Super Swim League - Round 1	
27*	38.56	S	P *I Arthur Tayebwa	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
29	39.12	S	P *I Shane Birungi	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	



## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
30	39.24 S	F	Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
<b>Men 13-14 100 Back</b>							
1	1:08.38 S	AAAA F	Aryen Muravvej	14	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
2	1:09.76 L	AAAA P	Ivan Hart	13	SWCW	29/07/2019	Swim Wales Summer Open Meet 2019
3	1:10.37 S	AAAA F	*1 Tendo Kaumi	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
4	1:13.97 L	AAAA F	Carlo Blunsum	13	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:14.27 S	AAAA F	*1 Risha De Guzman	13	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
6	1:15.35 S	AAAA F	Ishaq Bashir	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
7	1:17.37 L	AAAA F	*1 Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:17.43 L	AAAA F	Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
9	1:19.42 L	F	Njukia Kihara	13	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
10	1:19.46 L	P	*1 John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
11	1:18.41 S S	F	Nathan Muchai	13	KESS ZZ	21/06/2019	Super Swim League Round 3
12	1:20.38 L	F	*1 Jed Beer	14	SEAH ZZ	06/07/2019	The Manchester Non National Me
13	1:22.10 L	F	*1 Kevin Rugaaju	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
14	1:21.01 S	F	Jesse Onyach	14	GEMS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
15	1:22.38 S	F	Charles Smith	14	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
16	1:22.78 S S	F	*1 Andile Mhlope	13	OTTER ZZ	21/06/2019	Super Swim League Round 3
17	1:24.16 L	F	Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
18	1:24.35 L	F	*1 Antonio Smit	13	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
19	1:23.53 S	F	Owen Maywaka	14	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	1:26.11 L	F	Haniel Kudwoli	13	STM ZZ	17/05/2019	Nairobi County Swimming Champi
21	1:27.06 S	P	Eric Shivo	13	BBLES ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
22	1:27.24 S S	F	Enrico Azzalini	13	KESS ZZ	21/06/2019	Super Swim League Round 3
23	1:27.71 S	F	Sean Kariuki	14	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
24	1:28.09 S	F	Suheim Kasmani	14	BOSC ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
25	1:29.37 L	F	Aidan Wright	13	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
26	1:28.62 S	F	Yared Wasem	14	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
27	1:31.35 L	F	*1 Daudi Kusinza	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
28	1:31.03 S	F	Dheerav Shah	13	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
29	1:33.99 S	F	Ayush Pandit	14	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
30	1:34.48 S	F	Rayann Natha	14	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
<b>Men 13-14 50 Breast</b>							
1	35.45 L	AAAA P	*1 Risha De Guzman	13	BRAE ZZ	20/03/2019	SA National JNR Age Group Champs 2019-
2	36.13 L	AAAA P	Haniel Kudwoli	13	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	36.52 S	AAAA F	Eric Shivo	13	BBLES ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
4	37.60 L	AAAA F	*1 Paulsen Settumba	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
5	37.84 L	AAAA P	Aryen Muravvej	14	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
6	37.25 S	AAAA F	Owen Maywaka	14	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
7	37.27 S	AAAA P	Jesse Onyach	14	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
8	37.59 S	AAAA F	Khalid Walid	14	BHS ZZ	08/06/2019	Lifetime Age Group & Open Cham
9	37.68 S	AAAA F	Ivan Hart	13	MAQ ZZ	20/07/2019	6th CSSC Summer Splash Open Meet
10	38.86 L	AAAA F	Aidan Wright	13	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
11	37.94 S	AAAA F	Evans Kanja	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2
12	38.43 S	AAAA F	Carlo Blunsum	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
13	38.45 S	AAAA P	Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
14	38.77 S	AAAA P	Keath Ogambi	14	NYALI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
15	38.98 S	F	Ishaq Bashir	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
16	40.00 L	P	Samir Bachelani	14	UNATT ZZ	15/02/2019	2019 KSF Long Course Nationals
17	40.26 L	P	*1 John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
18	39.43 S	F	Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
19	39.46 S	F	*1 Shane Birungi	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
20	40.48 L	F	Peter Ochieng	14	BHS ZZ	17/05/2019	Nairobi County Swimming Champi
21	40.53 L	P	*1 Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr			
22	40.12	S	P	*I Arthur Tayebwa	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
23	41.18	L	P	Peter Kiagi	14	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
24	41.30	L	P	*I Daudi Kusinza	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
25	41.34	L	F	Nathan Muchai	13	KESS ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
26	40.43	S	F	Khaldun Khuweylid	13	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	40.50	S	F	Kieran Hunter	14	SAST	04/10/2019	Nairobi County Level 2 Swimming Champio
28	41.58	L	P	*I Kevin Rugaaju	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
29	40.75	S	F	*I Jed Beer	14	SEAH ZZ	03/05/2019	Super Swim League - Round 2
30	41.49	S	P	Abdulrahman Abdulmunem	13	NYALI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
<b>Men 13-14 100 Breast</b>								
1	1:16.82	L	AAAA	F *I Risha De Guzman	13	BRAE ZZ	20/03/2019	SA National JNR Age Group Champs 2019-
2	1:18.84	S	AAAA	F Haniel Kudwoli	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
3	1:21.57	S	AAAA	F Ivan Hart	13	MAQ ZZ	08/02/2019	grand prix 1
4	1:25.31	L	AAAA	F *I John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
5	1:25.92	L	AAAA	F *I Paulsen Settumba	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:24.42	S	AAAA	F Carlo Blunsum	13	SEAH ZZ	15/03/2019	Super Swim League - Round 1
7	1:25.77	S	AAAA	F Khalid Walid	14	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	1:27.81	L	AAAA	F Owen Maywaka	14	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
9	1:28.37	L	P	Aidan Wright	13	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
10	1:26.47	S	F	Evans Kanja	14	KESS ZZ	15/03/2019	Super Swim League - Round 1
11	1:26.93	S	P	Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
12	1:27.09	S	F	Nathan Muchai	13	KESS ZZ	15/03/2019	Super Swim League - Round 1
13	1:27.38	S	F	Eric Shivo	13	BBLES ZZ	15/03/2019	Super Swim League - Round 1
14	1:27.91	S	F	Keath Ogambi	14	NYALI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
15	1:28.14	S	P	*I Shane Birungi	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
16	1:28.37	S	F	Jesse Onyach	14	GEMS ZZ	15/03/2019	Super Swim League - Round 1
17	1:30.51	L	F	Ishaq Bashir	14	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
18	1:31.77	L	P	*I Kevin Rugaaju	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
19	1:30.44	S	F	Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
20	1:30.48	S	F	*I Shad Frantz	13	SEAH ZZ	15/03/2019	Super Swim League - Round 1
21	1:32.73	L	P	Peter Kiagi	14	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
22	1:32.99	L	P	Samir Bachelani	14	UNATT ZZ	15/02/2019	2019 KSF Long Course Nationals
23	1:31.19	S	F	Khaldun Khuweylid	13	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
24	1:31.40	S	F	*I Andile Mhlope	13	OTTER ZZ	15/03/2019	Super Swim League - Round 1
25	1:32.29	S	P	*I Arthur Tayebwa	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
26	1:32.47	S	P	*I Lionel Agaba	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSHI
27	1:35.71	L	P	*I Daudi Kusinza	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
28	1:35.77	L	F	*I Hayyan Kisitu	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
29	1:34.17	S	F	Kieran Hunter	14	SAST	04/10/2019	Nairobi County Level 2 Swimming Champio
30	1:37.36	L	F	Glenn Lwanya	13	BBLES ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
<b>Men 13-14 50 Fly</b>								
1	28.60	L	AAAA	F Ivan Hart	13	MAQ ZZ	11/09/2019	Africa Junior Championships
2	29.27	L	AAAA	P Jesse Onyach	14	KENYA ZZ	11/09/2019	Africa Junior Championships
3	29.98	S	AAAA	F Aryen Muravvej	14	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
4	31.69	L	AAAA	F *I Tendo Kaumi	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
5	31.97	L	AAAA	P *I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
6	32.14	L	AAAA	F *I Paulsen Settumba	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
7	32.18	S	AAAA	F Khalid Walid	14	BHS ZZ	08/06/2019	Lifetime Age Group & Open Cham
8	32.88	L	AAAA	F *I Andile Mhlope	13	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	32.18	S	AAAA	F Eric Shivo	13	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
10	32.41	S	SAAAA	F Carlo Blunsum	13	SEAH ZZ	21/06/2019	Super Swim League Round 3
11*	33.16	L	AAAA	P Daniel Agosta	14	SAA ZZ	15/02/2019	2019 KSF Long Course Nationals
11*	33.16	L	AAAA	F *I Jed Beer	14	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
13	33.19	L	AAAA	F Owen Maywaka	14	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi

## Individual Top Times

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	Time		P/F/S	Name	Age/Yr			
14	33.83	L	AAAA	P *I Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
15	33.22	S	AAAA	F Ishaq Bashir	14	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
16	34.15	L		F Nathan Muchai	13	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
17	34.16	L		P *I John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
18	34.59	S		F Ali Nahdy	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
19	35.70	L		F Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
20	35.02	S		P Abdulrahman Abdulmunem	13	NYALI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
21	36.16	L		F Charles Smith	14	SEAH ZZ	06/07/2019	The Manchester Non National Me
22	36.07	S		P *I Arthur Tayebwa	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
23	36.84	L		F *I Shad Frantz	13	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	36.14	S		F Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
25	36.94	L		P Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
26	36.35	S		F Aker Mutinda	13	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3
27	37.16	L		F Sean Kariuki	14	BBLES ZZ	17/05/2019	Nairobi County Swimming Champi
28	37.38	L		F Glenn Lwanya	13	BBLES ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
29	37.75	L		F Justine Ndindiri	14	NRBTS ZZ	17/05/2019	Nairobi County Swimming Champi
30	37.07	S		F Malachi Kirui	13	BRASD ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
<b>Men 13-14 100 Fly</b>								
1	1:05.06	L	AAAA	P Ivan Hart	13	MAQ ZZ	11/09/2019	Africa Junior Championships
2	1:08.37	S	AAAA	F *I Risha De Guzman	13	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
3	1:09.74	S	AAAA	F Aryen Muravvej	14	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
4	1:11.62	L	AAAA	F Jesse Onyach	14	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
5	1:12.79	S	AAAA	F *I Andile Mhlope	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
6	1:14.91	L	AAAA	P *I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
7	1:17.14	L		P *I Paulsen Settumba	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
8	1:17.63	S		F Eric Shivo	13	BBLES ZZ	03/05/2019	Super Swim League - Round 2
9	1:17.69	S		F Carlo Blunsum	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
10	1:21.46	L		F *I Jed Beer	14	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
11	1:20.41	S		F Ishaq Bashir	14	KESS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
12	1:20.94	S		P *I Hayyan Kisitu	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
13	1:22.53	L		F Nathan Muchai	13	KESS ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
14	1:22.34	S		P *I Arthur Tayebwa	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
15	1:22.73	S		F Sean Kariuki	14	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	1:24.89	L		F Daniel Agosta	14	SAA ZZ	17/05/2019	Nairobi County Swimming Champi
17	1:25.93	L		F Owen Maywaka	14	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
18	1:25.26	S		F Ali Nahdy	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
19	1:25.72	S		F Daniel Kyabayinze	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
20	1:26.24	S		F Aker Mutinda	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
21	1:28.16	L		F Glenn Lwanya	13	BBLES ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
22	1:27.57	S		F Khaldun Khuweyid	13	BNDRI ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
23	1:30.38	L		F Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	1:31.03	L		F *I Shad Frantz	13	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
25	1:30.60	S		F Emmanuel Otieno	14	KESS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
26	1:36.17	S		F Rooney Kabata	14	BRAEI ZZ	25/01/2019	Nairobi County Level 2 Swimmin
27	1:39.44	S		F Adnan Abdulaziz	13	MPSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
28	1:52.54	L		F Jayson Gachago	13	KENTC ZZ	30/11/2018	JUNIOR SWIMMING CHAMPIONSHIP
29	2:23.00	S		F Osman Ahmed	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
<b>Men 11-14 200 Free</b>								
1	2:10.29	L	AAAA	P Ivan Hart	13	MAQ ZZ	11/09/2019	Africa Junior Championships
2	2:16.21	L	AAAA	P Jesse Onyach	14	KENYA ZZ	11/09/2019	Africa Junior Championships
3	2:15.36	S	AAAA	F Aryen Muravvej	14	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
4	2:16.23	S	AAAA	F *I Risha De Guzman	13	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
5	2:22.27	L	AAAA	F *I John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
6	2:21.41	S	AAAA	F Ishaq Bashir	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2

## Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
7	2:25.14	L AAAA	F *I Joshua Lumonya	14	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
8	2:26.11	L AAAA	F Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
9	2:23.03	S AAAA	F Evans Kanja	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
10	2:24.45	S AAAA	F Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
11	2:27.57	S AAAA	F Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
12	2:32.81	L AAAA	P *I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
13	2:30.95	S	F *I Shad Frantz	13	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
14	2:31.25	S	F Carlo Blunsum	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2	
15	2:31.43	S	F Owen Maywaka	14	MAKIN ZZ	08/06/2019	Lifetime Age Group & Open Cham	
16	2:31.57	S	P Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI	
17	2:35.39	L	P *I Antonio Smit	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
18	2:32.75	S	F *I Pendo Kaumi	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI	
19	2:36.11	L	P Samuel Kibogo	12	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
20	2:37.20	L	F Njukia Kihara	13	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals	
21	2:35.58	S	F *I Finlay Bell	14	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
22	2:39.39	L	P Daniel Kamau	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
23	2:40.35	L	P *I Andile Mhlope	13	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
24	2:40.76	L	F *I Jed Beer	14	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi	
25	2:38.16	S	F Nathan Muchai	13	KESS ZZ	03/05/2019	Super Swim League - Round 2	
26	2:38.54	S	F Ali Nahdy	13	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
27	2:39.31	S	F *I Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI	
28	2:39.59	S	F Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
29	2:41.65	S	F Daniel Kyabayinze	13	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
30	2:42.44	S	F Eric Shivo	13	BBLES ZZ	03/05/2019	Super Swim League - Round 2	
<b>Men 11-14 400 Free</b>								
1	4:31.37	L AAAA	F Ivan Hart	13	MAQ ZZ	11/09/2019	Africa Junior Championships	
2	4:51.10	L AAAA	F *I Risha De Guzman	13	BRAE ZZ	20/03/2019	SA National JNR Age Group Champs 2019-	
3	5:07.25	L AAAA	P Ishaq Bashir	14	OTTER ZZ	11/09/2019	Africa Junior Championships	
4	5:12.26	L	P Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
5	5:16.45	L	P *I Shad Frantz	13	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
6	5:18.77	S	F Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
7	5:27.55	L	P *I Antonio Smit	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
8	5:27.19	S	F Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
9	5:37.43	L	P *I Andile Mhlope	13	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
10	5:39.57	L	F *I Finlay Bell	14	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals	
11	5:37.83	S S	F Jesse Onyach	14	GEMS ZZ	21/06/2019	Super Swim League Round 3	
12	5:44.32	L	F Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
13	5:38.75	S S	F Nathan Muchai	13	KESS ZZ	21/06/2019	Super Swim League Round 3	
14	5:43.57	S	F Mohammed Sheikh	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
15	5:53.63	S	P *I Zaabu Kyabayinze	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI	
16	5:55.53	S S	F Enrico Azzalini	13	KESS ZZ	21/06/2019	Super Swim League Round 3	
17	5:55.95	S	F Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
18	6:02.41	L	F Daniel Kamau	12	STKRS ZZ	17/05/2019	Nairobi County Swimming Champi	
19	5:56.65	S	F Nathan Matimu	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
20	5:58.21	S	F *I Sathyam Gohil	12	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
21	6:06.69	L	F Sean Kariuki	14	BBLES ZZ	17/05/2019	Nairobi County Swimming Champi	
22	6:07.63	L	F Brian Ochieng	14	BRASD ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
23	6:03.52	S	F Gabriel Wambua	12	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
24	6:07.05	S	F Sabbah Leunoto	12	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
25	6:07.17	S	F Khalid Walid	14	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
26	6:12.41	S	F Xidi Munene Nyagah	12	HSSCA ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
27	6:16.27	S	F Hashim Sheikh	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
28	6:16.33	S	F Mark Bifwoli	13	MPSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
29	6:16.48	S	F Riyadh Abubakar	12	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
30	6:16.81 S	F	Daniel Kyabayinze	13	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th (
<b>Men 11-14 800 Free</b>							
1	9:32.83 L	AAAA F	Ivan Hart	13	SWCW	29/07/2019	Swim Wales Summer Open Meet 2019
2	10:42.35 S	F	Ishaq Bashir	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
3	10:48.91 S	F	Jesse Onyach	14	GEMS ZZ	03/05/2019	Super Swim League - Round 2
4	11:06.29 L	F	Lenny Werangai	11	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
5	10:53.82 S	F	Evans Kanja	14	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
6	11:21.26 L	F	*I Antonio Smit	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
7	11:08.51 S	F	Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
8	11:10.63 S	F	*I Shad Frantz	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
9	11:20.19 S	F	*I Andile Mhlope	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
10	11:25.64 S	F	*I Finlay Bell	14	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
11	11:33.64 S	F	*I Hayyan Kisitu	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
12	11:37.04 S	F	Nathan Muchai	13	KESS ZZ	03/05/2019	Super Swim League - Round 2
13	11:46.41 S	F	*I Sathyam Gohil	12	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th (
14	11:50.00 S	F	Enrico Azzalini	13	KESS ZZ	03/05/2019	Super Swim League - Round 2
15	12:07.56 S	F	Nathan Matimu	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	12:09.41 S	F	Eric Shivo	13	BBLES ZZ	03/05/2019	Super Swim League - Round 2
17	12:15.61 S	F	Hashim Sheikh	11	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
18	12:16.87 S	F	Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
19	12:41.62 S	F	Khalid Walid	14	BHS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	12:56.07 S	F	Matthew Michuki	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
21	13:11.87 L	F	Michael Kalombo	12	LSC ZZ	17/05/2019	Nairobi County Swimming Champi
22	13:19.40 S	F	Mohammed Abdalla	11	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
23	13:24.85 S	F	Xidi Munene Nyagah	12	HSSCA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
24	13:28.64 S	F	Hemed Awadh	11	BOSC ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
25	15:11.43 S	F	Hemed Hemed	11	BOSC ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH :
26	15:31.95 L	F	James Amor	13	SHAQS ZZ	17/05/2019	Nairobi County Swimming Champi
27	15:29.96 S	F	Ayden Mwengi	11	STRSC ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
<b>Men 11-14 200 Back</b>							
1	2:31.92 S	AAAA F	Ivan Hart	13	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
2	2:32.22 S	AAAA F	Aryen Muravvej	14	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
3	2:39.16 S	AAAA P	*I Tendo Kaumi	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
4	2:40.30 S	AAAA F	Carlo Blunsum	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
5	2:42.81 S	AAAA F	*I Risha De Guzman	13	BRAE ZZ	25/01/2019	Nairobi County Level 2 Swimmin
6	2:46.53 L	AAAA P	Abdul Bagha	13	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
7	2:48.09 S	AAAA F	*I Shad Frantz	13	SEAH ZZ	03/05/2019	Super Swim League - Round 2
8	2:48.94 S	AAAA F	Ishaq Bashir	14	OTTER ZZ	03/05/2019	Super Swim League - Round 2
9	2:51.07 S	F	Nathan Muchai	13	KESS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
10	2:52.87 S	F	Haniel Kudwoli	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
11	2:55.92 L	F	*I Abduljabar Adama	11	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
12	2:53.88 S	P	*I Hayyan Kisitu	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
13	2:59.12 L	P	*I Steve Magera	14	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
14	2:59.21 L	P	Daniel Kamau	12	STKRS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
15	2:57.25 S	F	Jesse Onyach	14	GEMS ZZ	03/05/2019	Super Swim League - Round 2
16	2:59.98 L	P	Njukia Kihara	13	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
17	3:01.27 L	P	*I Antonio Smit	13	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
18	2:59.44 S	F	*I Andile Mhlope	13	OTTER ZZ	03/05/2019	Super Swim League - Round 2
19	3:03.98 L	F	Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
20	3:01.59 S	F	Eric Shivo	13	BBLES ZZ	03/05/2019	Super Swim League - Round 2
21	3:02.08 S	F	Joshua Masakha	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
22	3:03.23 S	F	Samuel Kibogo	12	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
23	3:03.44 S	F	*I Sathyam Gohil	12	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
24	3:04.50 S	F	Enrico Azzalini	13	KESS ZZ	03/05/2019	Super Swim League - Round 2

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
25	3:05.11 S	F	Warren Lwanya	12	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
26	3:05.75 S	F	Jesse Kioko	12	RUSIN ZZ	25/01/2019	Nairobi County Level 2 Swimmin
27	3:08.50 S	F	Curtis Kamotho	11	OTTER ZZ	03/05/2019	Super Swim League - Round 2
28	3:09.30 S	F	Sean Kariuki	14	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
29	3:11.73 L	F	Curtis Kamotho	11	OTTER ZZ	17/05/2019	Nairobi County Swimming Champi
30	3:10.03 S	F	Charles Smith	14	SEAH ZZ	03/05/2019	Super Swim League - Round 2
<b>Men 11-14 200 Breast</b>							
1	2:45.58 L SAAAA	F *I	Risha De Guzman	13	BRAE ZZ	20/03/2019	SA National JNR Age Group Champs 2019-
2	2:58.08 S AAAAA	F	Haniel Kudwoli	13	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
3	3:11.12 L	F	Owen Maywaka	14	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
4	3:11.61 L	P *I	John Kafumbe	13	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
5	3:08.33 S	F	Ivan Hart	13	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3
6	3:10.09 S	F	Mohammed Sheikh	12	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
7	3:17.32 L	F	Eric Shivo	13	RUSIN ZZ	17/05/2019	Nairobi County Swimming Champi
8	3:17.35 L	F	Ishaq Bashir	14	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	3:15.51 S	P	Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
10	3:16.52 S	F	Michael Kalombo	12	LSC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
11	3:16.66 S S	F	Carlo Blunsum	13	SEAH ZZ	21/06/2019	Super Swim League Round 3
12	3:21.30 L	P	Aidan Wright	13	KENTC ZZ	15/02/2019	2019 KSF Long Course Nationals
13	3:17.87 S	P *I	Paulsen Settumba	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
14	3:18.09 S	P *I	Lionel Agaba	13	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
15	3:18.75 S S	F	Nathan Muchai	13	KESS ZZ	21/06/2019	Super Swim League Round 3
16	3:20.38 S	P *I	Tyaba Kigundu	12	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
17	3:21.79 S	F	Khaldun Khuweylid	13	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
18	3:25.81 L	P *I	Kevin Rugaaju	13	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
19	3:21.82 S	F	Daniel Kyabayinze	13	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
20	3:23.41 S	F	Glenn Lwanya	13	MAKIN ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
21	3:23.71 S	F	Ameir Muravvej	11	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3
22	3:24.08 S	F	Adam Abdulmalik	12	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
23	3:28.18 L	F	Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	3:28.42 L	P *I	Finlay Bell	14	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
25	3:29.31 L	P	Keath Ogambi	14	MPSC ZZ	15/02/2019	2019 KSF Long Course Nationals
26	3:26.05 S	F	Ali Nahdy	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	3:32.16 L	F *I	Hayyan Kisitu	14	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
28	3:29.25 S S	F	Jesse Onyach	14	GEMS ZZ	21/06/2019	Super Swim League Round 3
29	3:30.89 S	F	Aker Mutinda	13	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
30	3:31.88 S	F	Sabbah Leunoto	12	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSI
<b>Men 11-14 200 Fly</b>							
1	2:24.70 S AAAAA	F	Ivan Hart	13	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
2	2:32.04 L AAAAA	F *I	Risha De Guzman	13	BRAE ZZ	20/03/2019	SA National JNR Age Group Champs 2019-
3	2:54.06 S	F	Ishaq Bashir	14	OTTER ZZ	15/03/2019	Super Swim League - Round 1
4	2:58.39 S	F *I	Andile Mhlope	13	OTTER ZZ	15/03/2019	Super Swim League - Round 1
5	3:00.10 S	F *I	Hayyan Kisitu	14	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
6	3:05.08 S	F	Johari Masinde	12	KENTC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
7	3:09.41 S	F	Jesse Kioko	12	RUSIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
8	3:20.07 L	F	Michael Michuki	14	MSA ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	3:20.52 L	F	Eric Shivo	13	RUSIN ZZ	17/05/2019	Nairobi County Swimming Champi
10	3:23.49 L	F	Warren Lwanya	12	BBLES ZZ	17/05/2019	Nairobi County Swimming Champi
11	3:25.16 S	F	Daniel Kamau	12	STKRS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
12	3:27.04 S	F	Sean Kariuki	14	BBLES ZZ	15/03/2019	Super Swim League - Round 1
13	3:27.37 S	F	Owen Maywaka	14	MAKIN ZZ	08/06/2019	Lifetime Age Group & Open Cham
14	3:31.63 S	F *I	Sathyam Gohil	12	MAQ ZZ	08/02/2019	grand prix 1
15	3:35.57 S	F	Nathan Matimu	11	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	3:37.03 S	F	Aker Mutinda	13	MAQ ZZ	08/02/2019	grand prix 1

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
17	3:38.29	S	F	Xidi Munene Nyagah	12	HSSCA ZZ	25/01/2019 Nairobi County Level 2 Swimmin
18	3:48.53	S	F	Gabriel Wambua	12	MAKIN ZZ	25/01/2019 Nairobi County Level 2 Swimmin
19	3:50.42	S	F	Jonathan Weru	11	STKRS ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
20	3:51.71	S	F	Ethan Kwe Nganga	12	BBLES ZZ	15/03/2019 Super Swim League - Round 1
21	3:54.49	S	F	Dante Echessah	11	OTTER ZZ	15/03/2019 Super Swim League - Round 1
22	3:55.45	S	F	Matthew Michuki	11	MAKIN ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
23	3:57.79	S	F	Hemed Awadh	11	BOSC ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
24	4:04.23	S	F	Mohammed Abdalla	11	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
25	4:08.02	S	F	Lenny Werangai	11	MAKIN ZZ	25/01/2019 Nairobi County Level 2 Swimmin
26	4:41.73	S	F	Michael Kalombo	12	LSC ZZ	08/06/2019 Lifetime Age Group & Open Cham
<b>Men 11-14 200 IM</b>							
1	2:32.04	L	AAAA	F *I Risha De Guzman	13	BRAE ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
2	2:32.63	S	AAAA	F Ivan Hart	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
3	2:36.75	L	AAAA	P Aryen Muravvej	14	KENYA ZZ	11/09/2019 Africa Junior Championships
4	2:40.06	L	AAAA	F *I John Kafumbe	13	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
5	2:41.08	L	AAAA	F Jesse Onyach	14	GEMS ZZ	15/02/2019 2019 KSF Long Course Nationals
6	2:40.09	S	AAAA	F *I Tendo Kaumi	14	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
7	2:43.92	L	AAAA	P Ishaq Bashir	14	OTTER ZZ	11/09/2019 Africa Junior Championships
8	2:45.97	L	AAAA	F *I Paulsen Settumba	14	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
9	2:46.30	L	AAAA	P *I Shad Frantz	13	SEAH ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
10	2:47.90	L	AAAA	P Carlo Blunsum	13	SEAH ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
11	2:45.67	S	AAAA	F Evans Kanja	14	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
12	2:46.21	S	AAAA	F Nathan Muchai	13	KESS ZZ	15/03/2019 Super Swim League - Round 1
13	2:47.30	S	AAAA	F Owen Maywaka	14	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
14	2:51.54	L	AAAA	P *I Joshua Lumonya	14	SFA ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
15	2:48.37	S	AAAA	F Jesse Kioko	12	RUSIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
16	2:51.67	L	AAAA	P Abdul Bagha	13	BRAE ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
17	2:49.31	S	AAAA	F Eric Shivo	13	BBLES ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
18	2:54.16	L	AAAA	P *I Andile Mhlope	13	OTTER ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
19	2:55.97	L		P *I Steve Magera	14	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
20	2:52.91	S		F Hakeem Salim Kitendo	13	BNDRI ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
21	2:53.50	S		F Daniel Kyabayinze	13	MAQ ZZ	03/05/2019 5th USF National Age Group Championship
22	2:53.61	S		F Njukia Kihara	13	BRAE ZZ	15/03/2019 Super Swim League - Round 1
23	2:57.20	L		F *I Abduljabar Adama	11	IKOYI ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
24	2:55.15	S		F Haniel Kudwoli	13	OTTER ZZ	15/03/2019 Super Swim League - Round 1
25	2:58.61	L		F *I Jordan Ssamula	11	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
26	2:55.55	S		F *I Hayyan Kisitu	14	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
27	2:59.83	L		P *I Ttyaba Kigundu	12	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
28	2:56.85	S		F Ali Nahdy	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
29	2:57.74	S		F Joshua Masakha	12	MAQ ZZ	21/06/2019 CASA Inter Clubs Swimming Championship
30	2:57.93	S		F Mohammed Sheikh	12	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
<b>Men 11-14 400 IM</b>							
1	5:12.92	S	AAAA	F Ivan Hart	13	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
2	5:23.13	L	AAAA	F *I Risha De Guzman	13	BRAE ZZ	20/03/2019 SA National JNR Age Group Champs 2019-
3	5:59.32	S	AAAA	F *I Shad Frantz	13	SEAH ZZ	25/01/2019 Nairobi County Level 2 Swimmin
4	6:08.15	S	AAAA	F *I Hayyan Kisitu	14	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
5	6:14.65	S		F Abdul Bagha	13	BRAE ZZ	25/01/2019 Nairobi County Level 2 Swimmin
6	6:22.45	L	AAAA	F Ishaq Bashir	14	KESS ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
7	6:18.72	S		F Daniel Kyabayinze	13	MAQ ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
8	6:20.12	S		F Joshua Masakha	12	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
9	6:23.96	S		F Owen Maywaka	14	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
10	6:32.50	L		F Michael Michuki	14	MSA ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
11	6:33.05	S		F Ali Nahdy	13	MAQ ZZ	26/04/2019 CASA GRAND PRIX 3
12	6:45.30	L		F *I Jordan Ssamula	11	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19  
 Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr					
13	6:45.59	S	F	Gabriel Wambua	12	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio		
14	7:01.56	L	F	*1 Lionel Agaba	13	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals		
15	6:57.08	S	F	Sean Kariuki	14	BBLES ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio		
16	6:57.09	S	F	Khaldun Khuweyid	13	NYALI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th t		
17	7:11.66	S	F	Mohammedkazim Khaku	13	BOSC ZZ	26/04/2019 CASA GRAND PRIX 3		
18	7:12.45	S	F	Aker Mutinda	13	MAQ ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI		
19	7:32.02	L	F	Fred Imani	12	MPSC ZZ	15/02/2019 2019 KSF Long Course Nationals		
20	7:31.43	S	F	Adnan Abdulaziz	13	NYALI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019		
21	7:39.09	S	F	Mohammed Abdalla	11	MAQ ZZ	26/04/2019 CASA GRAND PRIX 3		
22	7:40.28	S	F	Hemed Hemed	11	BOSC ZZ	26/04/2019 CASA GRAND PRIX 3		
23	7:46.15	S	F	Matthew Michuki	11	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio		
24	7:53.51	S	F	Shawn Wande	14	NYALI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th t		
25	7:56.99	S	F	Said Noor Nadhir	12	MAQ ZZ	26/04/2019 CASA GRAND PRIX 3		
26	8:07.64	S	F	Jeremy Angore	12	NYALI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th t		
27	8:07.81	S	F	Kevin Kiama	14	NYALI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th t		
28	8:13.64	S	F	Mark Bifwoli	13	NYALI ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th t		
<b>Men 15-16 50 Free</b>									
1	24.60	L	AAAA	F	Tabuka Bifwoli	16	GEMS ZZ	11/09/2019 Africa Junior Championships	
2	25.77	L	AAAA	F	Jono Per Opande	16	GEMS ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
3	25.49	S	AAAA	P	Monyo Maina	16	OSC ZZ	13/12/2018 2018 JP Fiset Invitational	
4	26.33	L	AAAA	F	Stephen Ndegwa	16	BNDRI ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
5	26.65	L	AAAA	P	Scott Kithikii	16	BNDRI ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
6	27.12	L	AAAA	F	Jabali Chemirmir	16	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi	
7	27.14	L	AAAA	F	Clyde Lwanya	15	BBLES ZZ	15/02/2019 2019 KSF Long Course Nationals	
8	27.30	L	AAAA	F	Rushab Shah	16	KENYA ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO	
9	27.47	L	AAAA	F	Trevor Mwamisi	15	KENYA ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO	
10	26.90	S	AAAA	F	Amin Salim	16	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSF	
11	27.74	L	AAAA	F	Munene Mugeru	16	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
12	27.77	L	AAAA	F	Kunaal Khagram	16	BNDRI ZZ	15/02/2019 2019 KSF Long Course Nationals	
13	27.80	L	AAAA	P	*1 Samora Lumonya	16	SFA ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
14	27.09	S	AAAA	F	*1 Darren Ssamula	16	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI	
15	27.95	L	AAAA	F	*1 Raphael Musoke	16	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals	
16	27.22	S	AAAA	F	Shiven Bechra	15	BNDRI ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSF	
17	28.08	L	AAAA	F	*1 Akaolisa Nweze	15	IKOYI ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
18	27.29	S	AAAA	F	Mohammed Iqbal Khandwalla	16	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019	
19	27.60	S	AAAA	F	Daryl Kyabayinze	15	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSF	
20	27.63	S	AAAA	P	*1 Ben Kaganda	16	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI	
21	28.55	L	AAAA	F	Daryl Anambo Anjichi	15	BBLES ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC	
22*	28.64	L	AAAA	P	*1 Ahaan Saini	15	OTTER ZZ	11/04/2019 2019 KSF Nationals Swimming Trials	
22*	28.64	L	AAAA	P	Peter Macharia	15	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals	
24	28.01	S	F	*1 Aheer Chatterjee	16	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019		
25	28.15	S	F	Abdallah Ismail	16	CSCN ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019		
26	28.23	S	P	John Paul Makona	16	BNDRI ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI		
27	28.40	S	F	Siegfred Katumwa	16	BNDRI ZZ	21/06/2019 CASA Inter Clubs Swimming Championship		
28	28.70	S	F	Twalib A Hamza	15	CSCN ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSF		
29	29.55	L	F	Issa Owaga	16	NOVA ZZ	17/05/2019 Nairobi County Swimming Champi		
30	28.91	S	F	Jomo Muigai	15	OTTER ZZ	21/06/2019 CASA Inter Clubs Swimming Championship		
<b>Men 15-16 100 Free</b>									
1	54.62	S	AAAA	P	Tabuka Bifwoli	16	GEMS ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI	
2	56.33	L	L	AAAA	F	Monyo Maina	16	KENYA ZZ	11/09/2019 Africa Junior Championships
3	57.82	L	AAAA	P	Stephen Ndegwa	16	KENYA ZZ	11/09/2019 Africa Junior Championships	
4	58.41	L	L	AAAA	P	Jono Per Opande	16	KENYA ZZ	11/09/2019 Africa Junior Championships
5	58.04	S	AAAA	F	Jabali Chemirmir	16	SEAH ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI	
6	58.44	S	AAAA	F	Mohammed Iqbal Khandwalla	16	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019	



## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
7	1:00.76	L L AAAA	F *I Ahaan Saini	15	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
8	59.39	S AAAA	F Kunaal Khagram	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
9	59.42	S AAAA	F Trevor Mwamisi	15	OAMSA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
10	59.96	S AAAA	F John Paul Makona	16	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
11	59.99	S AAAA	F Rushab Shah	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
12	1:00.09	S AAAA	F Scott Kithikii	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
13	1:01.89	L AAAA	F Munene Mugeru	16	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
14	1:00.29	S AAAA	F Amin Salim	16	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3
15	1:02.08	L AAAA	F Clyde Lwanya	15	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals
16	1:00.53	S AAAA	F Siegfred Katumwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
17	1:00.59	S AAAA	F *I Aheer Chatterjee	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
18	1:02.38	L AAAA	F Shiven Bechra	15	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
19	1:02.69	L AAAA	P *I Raphael Musoke	16	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
20	1:01.18	S AAAA	P *I Ben Kaganda	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
21	1:03.04	L L AAAA	P Daryl Kyabayinze	15	UGAND ZZ	11/09/2019	Africa Junior Championships
22	1:04.35	L AAAA	P *I Samora Lumonya	16	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
23	1:05.54	L AAAA	F Peter Macharia	15	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	1:05.88	L AAAA	P Daryl Anambo Anjichi	15	BBLES ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
25	1:06.47	L AAAA	P *I Kami Walusimbi	15	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
26	1:05.18	S AAAA	F Manuel Karanja	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
27	1:07.19	L	P *I Hamza Rechchad	16	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals
28	1:05.74	S	F Paul Kioko	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
29	1:05.84	S	F *I Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
30	1:06.49	S	P Raegan Stickney	15	ASA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
<b>Men 15-16 50 Back</b>							
1	29.19	S AAAA	F Tabuka Bifwoli	16	GEMS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
2	30.19	L AAAA	P Kunaal Khagram	16	BNDRI ZZ	11/09/2019	Africa Junior Championships
3	29.75	S AAAA	F Rushab Shah	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
4	30.86	L AAAA	F Scott Kithikii	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	31.69	S AAAA	F Mohammed Iqbal Khandwalla	16	BNDRI ZZ	08/02/2019	grand prix 1
6	31.77	S AAAA	F Siegfred Katumwa	16	SSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
7	31.97	S AAAA	P *I Ben Kaganda	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
8	32.59	S AAAA	F Jono Per Opande	16	GEMS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
9	33.27	L AAAA	F Monyo Maina	16	OSC ZZ	10/05/2019	Edmonton Keyano Invitational 2
10	33.75	L AAAA	F Oliver Lutz	16	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
11	33.87	L AAAA	F Jabali Chemirmir	16	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
12	33.35	S AAAA	F Stephen Ndegwa	16	BNDRI ZZ	08/02/2019	grand prix 1
13*	33.37	S AAAA	F Shiven Bechra	15	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
13*	33.37	S AAAA	P *I Hamza Rechchad	16	BRAE ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
15	33.44	S AAAA	F *I Aaron Akwenda	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
16	33.49	S AAAA	F Daryl Kyabayinze	15	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
17	33.99	S AAAA	F Jomo Muigai	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
18	34.19	S	F Sam Scott	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
19	34.36	S	F John Paul Makona	16	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
20	34.49	S	F Gabriel Lopez	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
21	34.90	S	F Trevor Mwamisi	15	OAMSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
22	35.79	L	F *I Raphael Musoke	16	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
23	35.84	L	F *I Kami Walusimbi	15	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
24	35.36	S	F Dhilan Shah	15	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz
25	35.96	L	F Clyde Lwanya	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	35.47	S	F *I Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	35.60	S	F I-Em-hotep Mutinda	15	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
28	36.26	L	F Daryl Anambo Anjichi	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
29	36.65	S	F Manuel Karanja	15	OANBI ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

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	Time	P/F/S	Name	Age/Yr				
30	36.67 S	F	Issa Owaga	16	NOVA ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
<b>Men 15-16 100 Back</b>								
1	1:04.64 L	AAAA P	Kunaal Khagram	16	BNDRI ZZ	11/09/2019	Africa Junior Championships	
2	1:05.25 S	AAAA F	Rushab Shah	16	OAMSA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
3	1:05.31 S	AAAA F	Mohammed Iqbal Khandwalla	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
4	1:07.43 S	AAAA F	*1 Ben Kaganda	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
5	1:08.87 L	AAAA P	Scott Kithikii	16	BNDRI ZZ	11/09/2019	Africa Junior Championships	
6	1:07.95 S	AAAA F	*1 Aheer Chatterjee	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
7	1:08.12 S	SAAAA F	Tabuka Bifwoli	16	GEMS ZZ	21/06/2019	Super Swim League Round 3	
8	1:09.48 L	AAAA F	Monyo Maina	16	OSC ZZ	10/05/2019	Edmonton Keyano Invitational 2	
9	1:10.28 L	AAAA F	*1 Samora Lumonya	16	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
10	1:10.76 S	SAAAA F	Jabali Chemirmir	16	SEAH ZZ	21/06/2019	Super Swim League Round 3	
11	1:10.89 S	AAAA F	Stephen Ndegwa	16	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3	
12	1:15.05 L	AAAA F	John Paul Makona	16	KENYA ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIONSH	
13	1:14.85 S	AAAA F	Dhilan Shah	15	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	
14	1:16.84 S	F	Manuel Karanja	15	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
15	1:17.23 S	F	Trevor Mwamisi	15	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3	
16	1:17.85 S	F	Daryl Kyabayinze	15	MAQ ZZ	03/05/2019	5th USF National Age Group Championship	
17	1:19.08 S	F	Sam Scott	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
18	1:20.47 L	F	*1 Kami Walusimbi	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIONSH	
19	1:20.52 L	F	Daryl Anambo Anjichi	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
20	1:20.36 S	F	Shawn Bitok	15	SEAH ZZ	14/07/2019	Borough of Barnsley Summer Siz	
21	1:20.55 S	F	*1 Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
22	1:20.88 S	F	I-Em-hotep Mutinda	15	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3	
23	1:21.38 S	F	Gabriel Lopez	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
24	1:22.78 S	S S	F	Dhruv Vyas	16	SEAH ZZ	21/06/2019	Super Swim League Round 3
25	1:23.18 S	F	Twalib A Hamza	15	CSCN ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
26	1:25.64 L	P	Jack-issac Ndale	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
27	1:24.92 S	F	Oliver McIntosh	15	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
28	1:25.97 S	F	Sahil Dawoodia	16	SEAH ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
29	1:28.01 S	F	Nigel Kangethe	15	BBLES ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
30	1:29.34 S	F	*1 Michael Odunga	15	BBLES ZZ	25/01/2019	Nairobi County Level 2 Swimmin	
<b>Men 15-16 50 Breast</b>								
1	31.55 L	AAAA P	Jono Per Opande	16	KENYA ZZ	11/09/2019	Africa Junior Championships	
2	32.53 L	AAAA P	Stephen Ndegwa	16	KENYA ZZ	11/09/2019	Africa Junior Championships	
3	34.34 L	AAAA P	Scott Kithikii	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
4	35.09 L	AAAA P	Munene Mugeru	16	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
5	35.26 L	AAAA F	Shiven Bechra	15	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
6	35.31 L	AAAA P	Clyde Lwanya	15	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals	
7	35.90 L	AAAA P	Paul Kioko	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
8	34.94 S	AAAA F	Amin Salim	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH	
9	35.03 S	AAAA P	Abdalla Ismail	16	CSCN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH	
10	35.06 S	AAAA F	Rushab Shah	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
11	36.29 L	AAAA P	*1 Samora Lumonya	16	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
12	35.35 S	AAAA F	*1 Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
13	35.47 S	AAAA F	Abdallah Ismail	16	CSCN ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
14	37.09 L	AAAA F	Daryl Anambo Anjichi	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
15	36.37 S	AAAA F	Sam Scott	15	HIS ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
16	37.41 L	AAAA P	Trevor Mwamisi	15	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals	
17	37.51 L	AAAA F	*1 Mikka Kigundu	15	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals	
18	37.81 L	AAAA F	*1 Namanya Ampaire	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIONSH	
19	37.38 S	F	Jabali Chemirmir	16	SEAH ZZ	03/05/2019	Super Swim League - Round 2	
20	38.38 L	P	Dhilan Shah	15	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
21	37.53 S	F	John Paul Makona	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
22	39.54	L	F	Jacktone Ochieng'	16	NOVA ZZ	17/05/2019 Nairobi County Swimming Champi
23	39.65	L	P	*1 Raphael Musoke	16	SEALS ZZ	15/02/2019 2019 KSF Long Course Nationals
24	39.70	L	F	Peter Macharia	15	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
25	39.03	S	P	Joshua Okal	15	KISAC ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
26	39.43	S	F	Oliver Lutz	16	ISK ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
27	39.62	S	F	Daryl Kyabayinze	15	MAQ ZZ	04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
28	40.93	L	P	Lwanga Sigana	15	BARAQ ZZ	15/02/2019 2019 KSF Long Course Nationals
29	40.03	S	F	Sahil Dawoodia	16	SEAH ZZ	25/01/2019 Nairobi County Level 2 Swimmin
30	41.32	L	F	Joshua Isige	15	BRASD ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
<b>Men 15-16 100 Breast</b>							
1	1:11.69	L	AAAA	P	Jono Per Opande	16	KENYA ZZ 11/09/2019 Africa Junior Championships
2	1:13.34	S	AAAA	F	Scott Kithikii	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
3	1:14.53	S	AAAA	F	Stephen Ndegwa	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
4	1:17.35	L	AAAA	F	Monyo Maina	16	OSC ZZ 10/05/2019 Edmonton Keyano Invitational 2
5	1:16.98	S	AAAA	P	Rushab Shah	16	OAMSA ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
6	1:17.04	S	AAAA	F	Shiven Bechra	15	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
7	1:17.63	S	AAAA	F	John Paul Makona	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
8	1:17.83	S	AAAA	F	Amin Salim	16	MAQ ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
9	1:19.92	L	AAAA	F	Clyde Lwanya	15	BBLES ZZ 15/02/2019 2019 KSF Long Course Nationals
10	1:20.13	L	AAAA	P	*1 Samora Lumonya	16	SFA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
11	1:20.20	L	AAAA	F	Munene Mugerera	16	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
12	1:18.99	S	AAAA	F	*1 Aaron Akwenda	16	BFINS ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
13	1:19.37	S	AAAA	F	Paul Kioko	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
14	1:21.48	L	AAAA	F	*1 Namanya Ampaire	15	UGAND ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
15	1:20.29	S	AAAA	F	Abdalla Ismail	16	CSCN ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
16	1:20.52	S	AAAA	P	*1 Mikka Kigundu	15	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
17	1:20.59	S	AAAA	F	*1 Yuki Omori	16	BFINS ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
18	1:20.75	S	AAAA	P	Daryl Anambo Anjichi	15	BBLES ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
19	1:22.87	L	AAAA	F	Dhilan Shah	15	SEAH ZZ 06/07/2019 The Manchester Non National Me
20	1:22.96	L	AAAA	P	*1 Ahaan Saini	15	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
21	1:21.19	S	AAAA	P	Trevor Mwamisi	15	OAMSA ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
22	1:21.51	S	AAAA	F	Mohammed Iqbal Khandwalla	16	BNDRI ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
23	1:22.25	S	AAAA	F	Sam Scott	15	HIS ZZ 25/01/2019 Nairobi County Level 2 Swimmin
24	1:23.26	S		F	Jabali Chemirmir	16	SEAH ZZ 15/03/2019 Super Swim League - Round 1
25	1:26.54	S		F	Sahil Dawoodia	16	SEAH ZZ 15/03/2019 Super Swim League - Round 1
26	1:27.22	S		F	Oliver Lutz	16	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
27	1:27.43	S		P	Joshua Okal	15	KISAC ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
28	1:27.49	S		F	Daryl Kyabayinze	15	MAQ ZZ 03/05/2019 5th USF National Age Group Championship
29	1:28.32	S		F	Wajahat Muhammadhusein	15	BOSC ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
30	1:29.31	S		F	Peter Macharia	15	OTTER ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
<b>Men 15-16 50 Fly</b>							
1	26.35	L	AAAA	F	Stephen Ndegwa	16	KENYA ZZ 11/09/2019 Africa Junior Championships
2	26.55	L	AAAA	F	Tabuka Bifwoli	16	GEMS ZZ 11/09/2019 Africa Junior Championships
3	27.60	L	AAAA	F	Jono Per Opande	16	GEMS ZZ 15/02/2019 2019 KSF Long Course Nationals
4	28.01	L	AAAA	F	Monyo Maina	16	OSC ZZ 04/07/2019 2019 Summer Championships
5	29.15	L	AAAA	F	Scott Kithikii	16	KENYA ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
6	29.40	L	AAAA	F	Clyde Lwanya	15	NOVA ZZ 17/05/2019 Nairobi County Swimming Champi
7	29.67	L	AAAA	F	Mohammed Iqbal Khandwalla	16	BNDRI ZZ 15/02/2019 2019 KSF Long Course Nationals
8	29.01	S	AAAA	F	Abdallah Ismail	16	CSCN ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
9	29.42	S	AAAA	F	Abdalla Ismail	16	CSCN ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
10	29.43	S	AAAA	F	Siegfred Katumwa	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
11	30.21	L	AAAA	F	Trevor Mwamisi	15	KENYA ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
12	29.66	S	AAAA	F	Kunaal Khagram	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
13	29.72	S	AAAA	F	*1 Darren Ssamula	16	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
14	29.93	S SAAAA	F Jabali Chemirmir	16	SEAH ZZ	21/06/2019	Super Swim League Round 3
15	29.99	S AAAA	F *1 Ben Kaganda	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
16	30.89	L AAAA	P *1 Raphael Musoke	16	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
17	30.44	S AAAA	F John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
18	30.54	S AAAA	F Shiven Bechra	15	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
19	30.86	S AAAA	F Twalib A Hamza	15	CSCN ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
20	31.91	L AAAA	F Daryl Anambo Anjichi	15	BBLES ZZ	15/02/2019	2019 KSF Long Course Nationals
21	31.99	L AAAA	F Dhruv Vyas	16	SEAH ZZ	15/02/2019	2019 KSF Long Course Nationals
22	31.30	S AAAA	F *1 Aheer Chatterjee	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
23	31.34	S SAAAA	F Munene Mugeru	16	OTTER ZZ	21/06/2019	Super Swim League Round 3
24	32.06	L AAAA	F *1 Namanya Ampaire	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPION
25	31.37	S AAAA	F Rushab Shah	16	OAMSA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
26	31.39	S AAAA	F Jomo Muigai	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
27	32.11	L AAAA	F *1 Akaolisa Nweze	15	IKOYI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
28	32.16	L AAAA	F Jacktone Ochieng'	16	NOVA ZZ	17/05/2019	Nairobi County Swimming Champi
29	31.57	S AAAA	F Daryl Kyabayinze	15	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
30	32.32	L AAAA	F Peter Macharia	15	OTTER ZZ	15/02/2019	2019 KSF Long Course Nationals
<b>Men 15-16 100 Fly</b>							
1	59.42	L AAAA	P Tabuka Bifwoli	16	KENYA ZZ	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CH
2	59.00	S AAAA	F Stephen Ndegwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
3	1:00.96	L AAAA	P Monyo Maina	16	OSC ZZ	04/07/2019	2019 Summer Championships
4	1:01.50	L AAAA	F Jono Per Opande	16	GEMS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:03.62	S AAAA	F Kunaal Khagram	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
6	1:04.11	S AAAA	F Mohammed Iqbal Khandwalla	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
7	1:05.28	S AAAA	F Clyde Lwanya	15	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champi
8	1:05.34	S AAAA	F Siegfred Katumwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
9	1:06.45	S AAAA	F *1 Darren Ssamula	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
10	1:07.28	S AAAA	P *1 Ben Kaganda	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
11	1:07.82	S AAAA	F Amin Salim	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
12	1:08.99	S AAAA	F Scott Kithikii	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
13	1:09.01	S AAAA	F John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
14	1:09.08	S AAAA	P Abdalla Ismail	16	CSCN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS
15	1:10.32	S AAAA	F Shiven Bechra	15	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
16	1:13.33	S	F Twalib A Hamza	15	CSCN ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS
17	1:13.57	S	F *1 Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
18	1:16.32	L	P *1 Raphael Musoke	16	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
19	1:15.00	S	F Jomo Muigai	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
20	1:16.52	L	F Oliver Lutz	16	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
21	1:16.94	L	F Daryl Anambo Anjichi	15	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
22	1:17.60	L	F Trevor Mwamisi	15	BNDRI ZZ	15/02/2019	2019 KSF Long Course Nationals
23	1:19.50	S	F Peter Macharia	15	OTTER ZZ	03/05/2019	Super Swim League - Round 2
24	1:23.01	L	F Shawn Bitok	15	SEAH ZZ	06/07/2019	The Manchester Non National Me
25	1:23.47	L	F Dhruv Vyas	16	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
26	1:22.41	S	F Leo Ongera	16	OTTER ZZ	03/05/2019	Super Swim League - Round 2
27	1:24.43	S	F Nigel Kangethe	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champi
28	1:25.86	S	F Daryl Kyabayinze	15	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
29	1:26.89	S	F Issa Owaga	16	MAKIN ZZ	08/06/2019	Lifetime Age Group & Open Cham
30	1:30.75	S	F I-Em-hotep Mutinda	15	MAQ ZZ	08/03/2019	CASA GRAND PRIX 2 8TH - 9TH MARCH ;
<b>Men 17 &amp; Over 50 Free</b>							
1	23.74	L AAAA	P Danilo Rosafo	18	KENYA ZZ	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CH
2	23.94	L AAAA	P Issa Mohamed	24	MAQ ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
3	24.14	L AAAA	F Swaleh Talib	19	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
4	24.69	L AAAA	F Ridhwan Mohamed	19	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	24.70	L AAAA	F *1 Atuhaire Ambala	18	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr				
6	24.97	L	AAAA	F *1 Billy-Scott Irakoze	23	USIDO ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
7	24.36	S	AAAA	P Nobby Nelson	19	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
8	25.36	L	AAAA	F Samuel Ndonga	21	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
9	25.37	L	AAAA	F Cian Omondi	20	MAKIN ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
10	25.55	L	AAAA	F Emmanuel Ndonga	19	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
11	26.24	L	AAAA	F *1 Tendo Mukalazi	17	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
12	25.46	S	AAAA	F Kigen Chemirmir	19	SEAH ZZ	15/03/2019	Super Swim League - Round 1	
13	26.43	L	AAAA	F Lucas Omondi	20	KU ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
14	25.71	S L	AAAA	F Mohammed Omar	19	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
15	26.60	L	AAAA	P *1 Ciaran Eddy	19	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
16	26.69	L	AAAA	F Alvin Omondi	18	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
17	26.82	L	AAAA	F Stanley Ndezwa	17	NAC ZZ	17/05/2019	Nairobi County Swimming Champi	
18	26.89	L	AAAA	F Adrian Ngweno	21	KESS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
19	26.91	L	AAAA	P Muhammad Bilal Khandwalla	18	BOSC ZZ	15/02/2019	2019 KSF Long Course Nationals	
20	27.09	L	AAAA	P Nabil Shikely	20	USIDO ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
21	27.16	L	AAAA	F Daniel Nyamweya	21	USIDO ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
22	26.57	S	AAAA	P Abdallah Mazrui	18	CSCN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
23	27.46	L	AAAA	P Dale Mwangi	19	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
24	26.69	S	AAAA	F Kunyihira Kirunda	19	SEAH ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
25	26.81	S	AAAA	F Maahir Harunani	20	MAQ ZZ	08/02/2019	grand prix 1	
26	27.61	L	AAAA	P David Ngare	25	USIDO ZZ	15/02/2019	2019 KSF Long Course Nationals	
27	27.80	L	AAAA	F Kevin Shivo	17	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
28	27.43	S	AAAA	F Toya Noel	22	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
29	27.49	S	AAAA	F Daniel Nyamwaya	27	USIDO ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
30	27.63	S	AAAA	F Collins Jerry	20	KESS ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
<b>Men 17 &amp; Over 100 Free</b>									
1	52.09	L	AAAA	P Danilo Rosafo	18	KENYA ZZ	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CH	
2	52.93	L L	AAAA	F Ridhwan Mohamed	19	KENYA ZZ	21/08/2019	12th African Games	
3	53.44	L L	AAAA	P Issa Mohamed	24	KENYA ZZ	21/07/2019	18th FINA World Championships	
4	53.56	L L	AAAA	F Swaleh Talib	19	KENYA ZZ	21/08/2019	12th African Games	
5	53.80	S	AAAA	F *1 Atuhaire Ambala	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
6	55.85	L	AAAA	F Alvin Omondi	18	KESS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
7	56.18	L	AAAA	F *1 Billy-Scott Irakoze	23	USIDO ZZ	15/02/2019	2019 KSF Long Course Nationals	
8	54.62	S	AAAA	F Nobby Nelson	19	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
9	56.49	S	AAAA	F Samuel Ndonga	21	OTTER ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
10	56.77	S	AAAA	F Cian Omondi	20	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
11	56.82	S	AAAA	F Muhammad Bilal Khandwalla	18	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
12	59.46	L	AAAA	F *1 Tendo Mukalazi	17	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
13	58.03	S	AAAA	P Kigen Chemirmir	19	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
14	58.43	S	AAAA	F Mohamed Suleiman	20	BOSC ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
15	1:00.06	L	AAAA	F *1 Ciaran Eddy	19	BRAE ZZ	15/02/2019	2019 KSF Long Course Nationals	
16	1:00.07	L	AAAA	P Mohammed Omar	19	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
17	1:00.44	L	AAAA	P Dale Mwangi	19	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
18	1:00.25	S	AAAA	F Lucas Omondi	20	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
19	1:02.28	L	AAAA	F Stanley Ndezwa	17	NAC ZZ	17/05/2019	Nairobi County Swimming Champi	
20	1:02.82	L	AAAA	F Kevin Shivo	17	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
21	1:03.15	L	AAAA	P Daniel Nyamweya	21	USIDO ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
22	1:01.63	S	AAAA	F Kunyihira Kirunda	19	SEAH ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
23	1:01.84	S	AAAA	P Adrian Ngweno	21	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
24	1:03.79	L	AAAA	F Junaid Khandwalla	19	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
25	1:02.80	S	AAAA	F Daniel Nyamwaya	27	USIDO ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
26	1:04.66	L	AAAA	P David Ngare	25	USIDO ZZ	15/02/2019	2019 KSF Long Course Nationals	
27	1:03.14	S	AAAA	F *1 Richard Andrew	18	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
28	1:03.86	S	AAAA	P Calvin Omondi	21	MAKIN ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time		P/F/S	Name	Age/Yr				
29	1:06.03	L	AAAA	P	Nigel Amos	22	USIDO ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
30	1:04.48	S	AAAA	F	Ali Akberali	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
<b>Men 17 &amp; Over 50 Back</b>									
1	27.80	S	AAAA	F	*I Atuhaire Ambala	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
2	28.29	S	AAAA	P	Alvin Omondi	18	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
3	28.39	S	AAAA	P	Emmanuel Ndonga	19	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
4	28.89	S	AAAA	P	Swaleh Talib	19	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
5	29.09	S	AAAA	P	Nobby Nelson	19	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
6	29.39	S	AAAA	F	Muhammad Bilal Khandwalla	18	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
7	30.65	S	AAAA	P	*I Tendo Mukalazi	17	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
8	31.40	S	AAAA	F	Kigen Chemirmir	19	SEAH ZZ	15/03/2019	Super Swim League - Round 1
9	31.53	S	AAAA	F	*I Ciaran Eddy	19	BRAEA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
10	31.86	S	AAAA	F	Jerome Waudu	18	BOSC ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
11	32.66	L	AAAA	P	*I Ulysse Smith-Chopin	17	SEAH ZZ	15/02/2019	2019 KSF Long Course Nationals
12	32.65	S	AAAA	F	Samuel Ndonga	21	OTTER ZZ	15/03/2019	Super Swim League - Round 1
13	32.66	S	AAAA	P	Stanley Ndezwa	17	NAC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
14	33.00	S	AAAA	P	Collins Jerry	20	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
15	33.17	S	AAAA	F	Ronnie Roberts	20	JKUAT ZZ	25/01/2019	Nairobi County Level 2 Swimmin
16	33.27	S	AAAA	P	Mohammed Omar	19	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
17	34.48	L	AAAA	F	David Ngare	25	USIDO ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
18	33.97	S	AAAA	F	Ali Akberali	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
19	34.41	S		P	Joseph Okal	17	KISAC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
20	36.48	L		F	Kevin Shivo	17	BBLES ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
21	36.34	S		P	Theodore Okeyo	21	KU ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
22	36.84	S		F	Telvin Kameta	18	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
23	36.86	S		F	Amar Onali Ebrahimjee	20	CA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
24	37.00	S		F	Toya Noel	22	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
25	37.18	S		F	Ibrahim Omar	17	OTTER ZZ	15/03/2019	Super Swim League - Round 1
26	37.84	L		F	Brian Kawelu	19	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
27	38.11	L		F	Nick Joseph Odhiambo	21	MKU ZZ	17/05/2019	Nairobi County Swimming Champi
28	37.77	S		F	Muinga Njau	24	USIDO ZZ	25/01/2019	Nairobi County Level 2 Swimmin
29	37.92	S		P	Rayyan Malik	17	BARAQ ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
30	38.03	S		F	Andrew Jones	18	NOVA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
<b>Men 17 &amp; Over 100 Back</b>									
1	59.58	S	AAAA	F	*I Atuhaire Ambala	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
2	1:00.34	S	AAAA	F	Emmanuel Ndonga	19	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
3	1:00.39	S	AAAA	F	Alvin Omondi	18	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
4	1:02.91	L L	AAAA	P	Issa Mohamed	24	KENYA ZZ	21/07/2019	18th FINA World Championships
5	1:02.89	S	AAAA	F	Muhammad Bilal Khandwalla	18	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
6	1:03.60	S	AAAA	F	Nobby Nelson	19	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
7	1:05.45	L	AAAA	F	Swaleh Talib	19	BNDRI ZZ	04/07/2019	30th Summer Universiade 2019 (FISU Gam
8	1:08.92	S	AAAA	F	Kigen Chemirmir	19	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
9	1:11.23	S	AAAA	F	*I Ulysse Smith-Chopin	17	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
10	1:11.65	S	AAAA	P	*I Tendo Mukalazi	17	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
11	1:12.82	S	AAAA	F	Jerome Waudu	18	BOSC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS!
12	1:15.00	S	AAAA	F	Ronnie Roberts	20	JKUAT ZZ	25/01/2019	Nairobi County Level 2 Swimmin
13	1:15.51	S		F	David Ngare	25	USIDO ZZ	25/01/2019	Nairobi County Level 2 Swimmin
14	1:16.06	S S		F	Kevin Shivo	17	BBLES ZZ	21/06/2019	Super Swim League Round 3
15	1:17.56	S S		F	Mohammed Omar	19	OTTER ZZ	21/06/2019	Super Swim League Round 3
16	1:20.95	S		F	Nui Trevett	18	ISK ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
17	1:22.22	S		F	Rayyan Malik	17	BARAQ ZZ	25/01/2019	Nairobi County Level 2 Swimmin
18	1:26.66	S		F	Muinga Njau	24	USIDO ZZ	25/01/2019	Nairobi County Level 2 Swimmin
19	1:28.43	L L		F	Daniel Nyamweya	21	USIDO ZZ	15/02/2019	2019 KSF Long Course Nationals
20	1:29.55	L		F	Emmanuel Leipa Siranka	23	MKU ZZ	17/05/2019	Nairobi County Swimming Champi

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
21	1:30.03	L	F	Nick Joseph Odhiambo	21	MKU ZZ	17/05/2019 Nairobi County Swimming Champi
22	1:30.52	L	F	Alex Karanja	18	MKU ZZ	17/05/2019 Nairobi County Swimming Champi
23	1:35.20	L	F	*1 Burhanuddin Zavery	18	BFINS ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
24	1:35.96	S	F	Antony Mwangi	21	KU ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
25	1:37.90	L	F	Clinton Kinuthia	20	MKU ZZ	17/05/2019 Nairobi County Swimming Champi
26	1:39.83	S	F	Daniel Mutuku	24	KU ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
27	1:41.88	S	F	Soimo Kipkalya	17	NOVA ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
28	1:50.69	L	F	Denis Mburu	17	NSC ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
29	2:04.73	L	F	Maina KaranjaS9	50	KNPC ZZ	15/02/2019 2019 KSF Long Course Nationals
30	2:06.23	L	P	Ben Murage	28	KNPC ZZ	11/04/2019 2019 KSF Nationals Swimming Trials

### Men 17 & Over 50 Breast

1	30.85	L	AAAA	P	Samuel Ndonga	21	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals
2	31.60	L	AAAA	F	Emmanuel Ndonga	19	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
3	31.85	L	AAAA	F	Ridhwan Mohamed	19	BNDRI ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
4	32.20	L	AAAA	F	Cian Omondi	20	MAKIN ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
5	32.68	L	AAAA	F	*1 Ciaran Eddy	19	BRAE ZZ	15/02/2019 2019 KSF Long Course Nationals
6	32.78	L	AAAA	P	Nobby Nelson	19	BNDRI ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
7	32.88	L	AAAA	F	*1 Tendo Mukalazi	17	UGAND ZZ	14/11/2018 CANA ZONE III SWIMMING CHAMPIO
8	32.91	L	AAAA	F	Swaleh Talib	19	BNDRI ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
9	31.99	S	AAAA	F	Abdallah Mazrui	18	CSCN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
10	33.69	L	AAAA	F	Dale Mwangi	19	BRAE ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
11	34.15	L	AAAA	P	Ibrahim Omar	17	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals
12	34.61	L	AAAA	F	*1 Ulysse Smith-Chopin	17	SEAH ZZ	17/05/2019 Nairobi County Swimming Champi
13	33.75	S	AAAA	F	Kigen Chemirmir	19	SEAH ZZ	03/05/2019 Super Swim League - Round 2
14	33.96	S	AAAA	P	*1 Billy-Scott Irakoze	23	USIDO ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
15	34.99	L	AAAA	F	David Ngare	25	USIDO ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
16	35.58	L	AAAA	F	Mohammed Omar	19	OTTER ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
17	35.77	L	AAAA	F	Junaid Khandwalla	19	OTTER ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
18	35.18	S	AAAA	P	Walter Okello	18	GEMS ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
19	35.40	S	AAAA	F	Jerome Waudo	18	BOSC ZZ	05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
20	35.53	S	AAAA	F	Lucas Omondi	20	KU ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
21	36.03	S	AAAA	F	Soud Hassan	20	BNDRI ZZ	25/01/2019 Casa Age Group 10 Years & Over 2019
22	37.07	L	AAAA	F	Kevin Shivo	17	BBLES ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
23	37.09	L	AAAA	P	Nabil Shikely	20	USIDO ZZ	11/04/2019 2019 KSF Nationals Swimming Trials
24	37.51	L	AAAA	F	Brian Kawelu	19	MAKIN ZZ	17/05/2019 Nairobi County Swimming Champi
25	36.60	S	AAAA	F	Ali Akberali	18	ISK ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio
26	37.18	S		P	Calvin Omondi	21	MAKIN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
27	38.27	L		P	*1 Ian Mugabo	17	DSC-K ZZ	15/02/2019 2019 KSF Long Course Nationals
28	37.44	S		P	Kevin Adede	19	MAKIN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
29	37.75	S		F	Franklyne Mayende	20	JKUAT ZZ	25/01/2019 Nairobi County Level 2 Swimmin
30	37.82	S		F	Theodore Okeyo	21	KU ZZ	05/10/2018 Nairobi County Level 2 Swimming Champio

### Men 17 & Over 100 Breast

1	1:07.42	S	AAAA	P	Samuel Ndonga	21	OTTER ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
2	1:08.48	S	AAAA	P	Emmanuel Ndonga	19	OTTER ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
3	1:12.53	L	AAAA	F	*1 Ciaran Eddy	19	BRAE ZZ	15/02/2019 2019 KSF Long Course Nationals
4	1:10.77	S	AAAA	P	*1 Tendo Mukalazi	17	DSC-K ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
5	1:12.86	L	AAAA	F	*1 Atuhaire Ambala	18	SEAH ZZ	30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
6	1:11.59	S	AAAA	P	Abdallah Mazrui	18	CSCN ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
7	1:12.31	S	AAAA	P	Nobby Nelson	19	BNDRI ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
8	1:12.50	S	AAAA	F	Dale Mwangi	19	BRAE ZZ	15/03/2019 Super Swim League - Round 1
9	1:13.59	S	AAAA	F	Kunyiha Kirunda	19	SEAH ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
10	1:14.11	S	AAAA	F	Cian Omondi	20	MAKIN ZZ	04/10/2019 Nairobi County Level 2 Swimming Champio
11	1:15.71	S	AAAA	P	Junaid Khandwalla	19	OTTER ZZ	19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSI
12	1:18.08	L	AAAA	P	Ibrahim Omar	17	OTTER ZZ	15/02/2019 2019 KSF Long Course Nationals

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
13	1:16.14	S	AAAA	F	Usama Mahmood	19	MAQ ZZ 08/02/2019 grand prix 1
14	1:16.90	S	AAAA	F	Kigen Chemirmir	19	SEAH ZZ 15/03/2019 Super Swim League - Round 1
15	1:18.48	S	AAAA	F	Mohammed Omar	19	OTTER ZZ 15/03/2019 Super Swim League - Round 1
16	1:19.60	S	AAAA	P	Kevin Shivo	17	BBLES ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
17	1:19.70	S	AAAA	F	Jerome Waudo	18	BOSC ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
18	1:20.69	S	AAAA	F	*1 Ulysse Smith-Chopin	17	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
19	1:20.78	S	AAAA	F	Soud Hassan	20	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
20	1:23.64	L	AAAA	P	*1 Travour Kimuli	17	SFA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
21	1:22.35	S	AAAA	F	Alvin Omondi	18	KESS ZZ 15/03/2019 Super Swim League - Round 1
22	1:22.54	S	AAAA	F	Lucas Omondi	20	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
23	1:24.59	L	AAAA	F	Brian Kawelu	19	MAKIN ZZ 17/05/2019 Nairobi County Swimming Champi
24	1:24.79	L	AAAA	P	David Ngare	25	USIDO ZZ 15/02/2019 2019 KSF Long Course Nationals
25	1:23.15	S		F	Ali Akberali	18	ISK ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
26	1:23.47	S		F	Jerome Waudo	18	BOSC ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
27	1:24.56	S		F	Kevin Adede	19	MAKIN ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
28	1:24.65	S		F	Theodore Okeyo	21	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
29	1:24.78	S		F	Dennis Mwaura	27	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
30	1:25.15	S		F	Walter Okello	18	GEMS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio

### Men 17 & Over 50 Fly

1	25.31	L	AAAA	P	Issa Mohamed	24	KENYA ZZ 21/08/2019 12th African Games
2	26.16	L	AAAA	P	Danilo Rosafo	18	KENYA ZZ 20/08/2019 7TH FINA WORLD JUNIOR SWIMMING CH
3	26.39	L	AAAA	P	Ridhwan Mohamed	19	BNDRI ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
4	27.10	L	AAAA	F	Swaleh Talib	19	BNDRI ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
5	27.17	L	AAAA	F	Nobby Nelson	19	BNDRI ZZ 15/02/2019 2019 KSF Long Course Nationals
6	27.43	L	AAAA	P	Maahir Harunani	20	MAQ ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
7	27.80	L	AAAA	F	Samuel Ndonga	21	OTTER ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
8	x28.01	L	AAAA	P	*1 Billy-Scott Irakoze	23	USIDO ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
9	27.45	S	AAAA	F	*1 Atuhaire Ambala	18	SEAH ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
10	28.17	L	AAAA	F	Kigen Chemirmir	19	SEAH ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
11	28.71	L	AAAA	F	Stanley Ndezwa	17	NAC ZZ 15/02/2019 2019 KSF Long Course Nationals
12	28.42	S	AAAA	F	Alvin Omondi	18	KESS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
13	28.68	S	AAAA	F	Muhammad Bilal Khandwalla	18	BOSC ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
14	29.41	L	AAAA	P	*1 Ciaran Eddy	19	BRAEA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
15	28.75	S	AAAA	F	*1 Tendo Mukalazi	17	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
16	29.52	L	AAAA	F	*1 Travour Kimuli	17	SFA ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
17	29.24	S	AAAA	F	Collins Jerry	20	KESS ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
18	29.28	S	AAAA	F	Kunyiha Kirunda	19	SEAH ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
19	30.25	L	AAAA	P	Nabil Shikely	20	USIDO ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
20	30.51	L	AAAA	F	Kevin Shivo	17	RUSIN ZZ 15/02/2019 2019 KSF Long Course Nationals
21	29.90	S	AAAA	P	Lucas Omondi	20	KU ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
22	30.81	L	AAAA	P	Dale Mwangi	19	BRAE ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
23	30.13	S	AAAA	P	Adrian Ngweno	21	KESS ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
24	31.03	L	AAAA	P	Calvin Omondi	21	MAKIN ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
25	30.35	S	AAAA	F	Ronnie Roberts	20	JKUAT ZZ 25/01/2019 Nairobi County Level 2 Swimmin
26	30.44	S	AAAA	P	Joseph Okal	17	KISAC ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONS
27	31.17	L	AAAA	F	Mohammed Omar	19	OTTER ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
28	31.27	L	AAAA	F	David Ngare	25	USIDO ZZ 15/02/2019 2019 KSF Long Course Nationals
29	30.60	S	AAAA	F	Theodore Okeyo	21	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
30	30.64	S	AAAA	F	Jerome Waudo	18	BOSC ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th

### Men 17 & Over 100 Fly

1	58.08	L	AAAA	P	Danilo Rosafo	18	KENYA ZZ 20/08/2019 7TH FINA WORLD JUNIOR SWIMMING CH
2	58.18	L	AAAA	F	Ridhwan Mohamed	19	BNDRI ZZ 30/03/2019 PL Spring Regional Qualifier L1 & L3 Open
3	58.96	L	AAAA	P	Maahir Harunani	20	KENYA ZZ 21/08/2019 12th African Games
4	1:01.13	L	AAAA	P	Nobby Nelson	19	BNDRI ZZ 11/04/2019 2019 KSF Nationals Swimming Trials



### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
5	1:02.19	L AAAA F	Alvin Omondi	18	KESS ZZ	15/02/2019	2019 KSF Long Course Nationals
6	1:01.44	S AAAA F	Muhammad Bilal Khandwalla	18	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
7	1:02.99	L AAAA F	*1 Atuhaire Ambala	18	SEAH ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
8	1:04.44	S AAAA F	Kigen Chemirmir	19	SEAH ZZ	03/05/2019	Super Swim League - Round 2
9	1:07.89	S AAAA F	*1 Ciaran Eddy	19	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
10	1:08.10	S AAAA F	*1 Ulysse Smith-Chopin	17	SEAH ZZ	03/05/2019	Super Swim League - Round 2
11	1:08.46	S AAAA F	Joseph Okal	17	KISAC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
12	1:08.48	S AAAA F	Collins Jerry	20	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
13	1:08.76	S AAAA F	*1 Samora Byansi	18	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
14	1:09.28	S AAAA F	Ronnie Roberts	20	JKUAT ZZ	25/01/2019	Nairobi County Level 2 Swimmin
15	1:09.50	S AAAA F	Kevin Adede	19	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
16	1:10.16	S AAAA F	Stanley Ndezwa	17	NAC ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
17	1:13.22	S F	*1 Travis Oluoch	17	SEAH ZZ	03/05/2019	Super Swim League - Round 2
18	1:15.43	S F	*1 Richard Andrew	18	BRAEA ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
19	1:15.47	S F	Kevin Shivo	17	BBLES ZZ	03/05/2019	Super Swim League - Round 2
20	1:17.58	S F	Rayyan Malik	17	BARAQ ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
21	1:20.63	L F	Emmanuel Leipa Siranka	23	MKU ZZ	17/05/2019	Nairobi County Swimming Champi
22	1:26.25	S F	Junior Asali	18	BOSC ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
23	1:28.14	L F	*1 Burhanuddin Zavery	18	BFINS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
24	1:30.94	S F	Amar Onali Ebrahimjee	20	CA ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
25	1:36.01	S F	Brian Mungai	18	SAST	04/10/2019	Nairobi County Level 2 Swimming Champio
<b>Men 15 &amp; Over 200 Free</b>							
1	1:58.66	S AAAA P	Danilo Rosafio	18	MILW ZZ	03/11/2018	Winter Championships
2	2:02.33	L AAAA F	Monyo Maina	16	OSC ZZ	04/07/2019	2019 Summer Championships
3	1:59.52	S AAAA F	*1 Atuhaire Ambala	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
4	2:05.26	L AAAA F	Alvin Omondi	18	KESS ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:05.54	S AAAA P	Muhammad Bilal Khandwalla	18	BOSC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
6	2:05.60	S AAAA F	Maahir Harunani	20	MAQ ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
7	2:10.18	L AAAA F	Tabuka Bifwoli	16	GEMS ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
8	2:10.52	L AAAA F	Swaleh Talib	19	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
9	2:07.69	S AAAA F	*1 Aheer Chatterjee	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
10	2:07.71	S AAAA F	Mohamed Suleiman	20	BOSC ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
11	2:11.33	L AAAA F	Kunaal Khagram	16	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
12	2:09.47	S AAAA F	Mohammed Iqbal Khandwalla	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
13	2:13.87	L AAAA F	Jabali Chemirmir	16	SEAH ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
14	2:11.19	S AAAA F	Kigen Chemirmir	19	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSI
15	2:11.59	S AAAA F	Jono Per Opande	16	GEMS ZZ	03/05/2019	Super Swim League - Round 2
16	2:15.15	L AAAA F	*1 Ahaan Saini	15	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
17	2:12.33	S AAAA F	John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSI
18	2:13.09	S AAAA F	Siegfred Katumwa	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
19	2:14.41	S AAAA F	*1 Billy-Scott Irakoze	23	USIDO ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
20	2:15.73	S AAAA F	Stephen Ndegwa	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
21	2:19.61	L AAAA F	Cian Omondi	20	MAKIN ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
22	2:18.47	S AAAA F	*1 Ulysse Smith-Chopin	17	SEAH ZZ	03/05/2019	Super Swim League - Round 2
23	2:18.86	S AAAA F	Rushab Shah	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSI
24	2:19.68	S AAAA F	Shiven Bechra	15	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
25	2:19.81	S AAAA F	Daryl Kyabayinze	15	MAQ ZZ	03/05/2019	5th USF National Age Group Championship
26	2:23.16	L AAAA F	Mohammed Omar	19	OTTER ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
27	2:20.41	S AAAA F	Trevor Mwamisi	15	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019
28	2:24.83	L AAAA F	Clyde Lwanya	15	NOVA ZZ	17/05/2019	Nairobi County Swimming Champi
29	2:21.78	S AAAA F	Peter Macharia	15	OTTER ZZ	03/05/2019	Super Swim League - Round 2
30	2:22.12	S AAAA F	Jomo Muigai	15	OTTER ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
<b>Men 15 &amp; Over 400 Free</b>							
1	4:16.88	L AAAA P	Monyo Maina	16	KENYA ZZ	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CH

### Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19  
 Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr			
2	4:25.83	S	AAAA	F	Maahir Harunani	20	MAQ ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
3	4:28.85	S	AAAA	P	Muhammad Bilal Khandwalla	18	BOSC ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
4	4:35.97	L	AAAA	F	Alvin Omondi	18	KESS ZZ 15/02/2019 2019 KSF Long Course Nationals
5	4:29.62	S	AAAA	F	*I Aheer Chatterjee	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
6	4:29.70	S	AAAA	F	Kunaal Khagram	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
7	4:34.91	S	AAAA	F	Ridhwan Mohamed	19	BNDRI ZZ 26/04/2019 CASA GRAND PRIX 3
8	4:43.31	L	AAAA	F	*I Atuhaire Ambala	18	SEAH ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
9	4:37.31	S	AAAA	P	*I Darren Ssamula	16	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
10	4:44.17	L	AAAA	P	*I Ahaan Saini	15	OTTER ZZ 11/04/2019 2019 KSF Nationals Swimming Trials
11	4:43.22	S	AAAA	F	John Paul Makona	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
12	4:45.65	S	SAAAA	F	Tabuka Bifwoli	16	GEMS ZZ 21/06/2019 Super Swim League Round 3
13	4:46.25	S	AAAA	F	Siegfred Katumwa	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
14	4:46.34	S	SAAAA	F	Jono Per Opande	16	GEMS ZZ 21/06/2019 Super Swim League Round 3
15	5:01.99	S		F	Scott Kithikii	16	BNDRI ZZ 26/04/2019 CASA GRAND PRIX 3
16	5:02.22	S		F	Trevor Mwamisi	15	BNDRI ZZ 26/04/2019 CASA GRAND PRIX 3
17	5:05.86	S		F	Daryl Kyabayinze	15	MAQ ZZ 03/05/2019 5th USF National Age Group Championship
18	5:13.58	S		F	Wajahat Muhammadhusein	15	BOSC ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
19	5:20.28	L		F	*I Kami Walusimbi	15	UGAND ZZ 14/11/2018 CANA ZONE III SWIMMING CHAMPIO
20	5:19.48	S		F	Stephen Ndegwa	16	BNDRI ZZ 26/04/2019 CASA GRAND PRIX 3
21	5:21.57	S		P	*I Samora Byansi	18	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
22	5:32.62	S		F	*I Richard Andrew	18	BRAEA ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
23	5:33.38	S		F	I-Em-hotep Mutinda	15	MAQ ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
24	5:38.77	S		F	*I Aaron Akwenda	16	BFINS ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
25	5:53.50	S		F	*I Ciaran Eddy	19	BRAEA ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
26	5:54.16	S	S	F	Justin Jalang'o	16	KESS ZZ 21/06/2019 Super Swim League Round 3
27	5:55.60	S	S	F	Leo Ongera	16	OTTER ZZ 21/06/2019 Super Swim League Round 3
28	5:57.90	S		F	Emmanuel Kibadengi	20	KU ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
29	6:05.55	L		F	Kojo Kwame	15	BRASD ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC
30	6:06.20	L		F	*I Akaolisa Nweze	15	IKOYI ZZ 30/11/2018 TBO SWIMMING CHAMPIONSHIP DEC

#### Men 15 & Over 800 Free

1	8:53.99	L	AAAA	P	Monyo Maina	16	KENYA ZZ 20/08/2019 7TH FINA WORLD JUNIOR SWIMMING CH
2	9:17.73	S	AAAA	F	*I Aheer Chatterjee	16	BNDRI ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
3	9:19.14	S	AAAA	F	Alvin Omondi	18	KESS ZZ 03/05/2019 Super Swim League - Round 2
4	9:45.90	S	AAAA	F	*I Atuhaire Ambala	18	SEAH ZZ 25/01/2019 Nairobi County Level 2 Swimmin
5	9:46.19	S	AAAA	F	Kunaal Khagram	16	BNDRI ZZ 21/06/2019 CASA Inter Clubs Swimming Championship
6	9:48.01	S	AAAA	F	John Paul Makona	16	BNDRI ZZ 04/10/2019 CASA LEVEL 2 SWIMMING CHAMPIONSH
7	9:55.16	S	AAAA	F	Tabuka Bifwoli	16	GEMS ZZ 03/05/2019 Super Swim League - Round 2
8	10:04.50	S	AAAA	F	Jono Per Opande	16	GEMS ZZ 03/05/2019 Super Swim League - Round 2
9	10:45.68	S		F	*I Mikka Kigundu	15	DSC-K ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
10	11:12.91	S		F	Daryl Kyabayinze	15	MAQ ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
11	11:33.67	S		F	Kevin Shivo	17	BBLES ZZ 03/05/2019 Super Swim League - Round 2
12	11:35.60	S		F	Abdallah Ismail	16	CSCN ZZ 25/01/2019 Casa Age Group 10 Years & Over 2019
13	12:00.59	S		F	I-Em-hotep Mutinda	15	AKAM ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
14	12:13.77	L		F	John Paul	20	MKU ZZ 17/05/2019 Nairobi County Swimming Champi
15	12:08.17	S		F	Kevin Adede	19	MAKIN ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
16	12:11.94	S		F	Amar Onali Ebrahimjee	20	CA ZZ 05/10/2018 Casa Age Group 10 Years & Over 5th - 7th
17	12:13.53	S		F	Jesse Okal	19	KISAC ZZ 19/10/2018 KSF NATIONAL SWIMMING CHAMPIONSH
18	13:14.57	S		F	*I Michael Odunga	15	BBLES ZZ 03/05/2019 Super Swim League - Round 2
19	13:25.56	S		F	Clinton Kipruto	25	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
20	13:28.83	S		F	Erick Mwenja	21	KU ZZ 04/10/2019 Nairobi County Level 2 Swimming Champio
21	13:47.84	L		F	Leo Ongera	16	AKAN ZZ 17/05/2019 Nairobi County Swimming Champi
22	14:09.53	S		F	Andrew Kinyanjui	26	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
23	14:11.17	S		F	Rodgers Osano	27	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio
24	16:39.50	S		F	Seth Aoko	24	KU ZZ 05/10/2018 Nairobi County Level 2 Swimming Champio

## Individual Top Times

Times since: 01-Oct-18 Times until: 06-Oct-19

Number of Top Times: 30 Convert To: LC Print: Actual

	Time	P/F/S	Name	Age/Yr				
<b>Men 15 &amp; Over 200 Back</b>								
1	2:14.55	S AAAA	F *I Atuhaire Ambala	18	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
2	2:16.31	S AAAA	F Alvin Omondi	18	KESS ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
3	2:17.45	S AAAA	F Muhammad Bilal Khandwalla	18	BOSC ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
4	2:17.87	S AAAA	F Swaleh Talib	19	BNDRI ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
5	2:18.51	S AAAA	F Kunaal Khagram	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
6	2:18.97	S AAAA	F *I Aheer Chatterjee	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
7	2:22.35	S AAAA	F Mohammed Iqbal Khandwalla	16	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
8	2:22.71	S AAAA	F Rushab Shah	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
9	2:29.68	S AAAA	P Monyo Maina	16	O.S.C ZZ	26/10/2018	Cascade Speed Meet 2018	
10	2:32.18	L AAAA	P *I Samora Lumonya	16	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
11	2:29.95	S AAAA	P Jerome Waudo	18	BOSC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
12	2:34.94	S AAAA	F Tabuka Bifwoli	16	GEMS ZZ	03/05/2019	Super Swim League - Round 2	
13	2:35.46	S AAAA	F Jono Per Opande	16	GEMS ZZ	03/05/2019	Super Swim League - Round 2	
14	2:36.15	S AAAA	P Jabali Chemirmir	16	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
15	2:39.25	S AAAA	P Kigen Chemirmir	19	SEAH ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
16	2:46.63	L P	P *I Kami Walusimbi	15	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
17	2:50.03	S F	F Daryl Kyabayinze	15	MAQ ZZ	03/05/2019	5th USF National Age Group Championship	
18	2:54.34	S F	F I-Em-hotep Mutinda	15	MAQ ZZ	21/06/2019	CASA Inter Clubs Swimming Championship	
19	2:56.76	L F	F Shawn Bitok	15	SEAH ZZ	06/07/2019	The Manchester Non National Me	
20	3:06.78	L F	F Dhilan Shah	15	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi	
21	3:07.42	S F	F Dennis Mwaura	27	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio	
22	3:07.81	S F	F *I Michael Odunga	15	BBLES ZZ	03/05/2019	Super Swim League - Round 2	
23	3:09.48	S F	F Dhruv Vyas	16	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
24	3:17.64	S F	F Nigel Kangethe	15	BBLES ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
25	3:28.70	S F	F Andrew Kinyanjui	26	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio	
26	4:04.48	L F	F Antony Mwangi	21	KU ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC	
27	4:17.64	L F	F John Paul	20	MKU ZZ	17/05/2019	Nairobi County Swimming Champi	
<b>Men 15 &amp; Over 200 Breast</b>								
1	2:34.27	S AAAA	P Samuel Ndonga	21	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
2	2:38.39	L AAAA	F Dale Mwangi	19	BRAE ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
3	2:37.13	S AAAA	F *I Ciaran Eddy	19	BRAEA ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
4	2:40.48	S AAAA	F Scott Kithikii	16	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3	
5	2:45.59	L AAAA	F *I Atuhaire Ambala	18	SEAH ZZ	15/02/2019	2019 KSF Long Course Nationals	
6	2:41.86	S AAAA	F Junaid Khandwalla	19	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
7	2:46.16	S AAAA	P Monyo Maina	16	O.S.C ZZ	26/10/2018	Cascade Speed Meet 2018	
8	2:51.24	L AAAA	F *I Samora Lumonya	16	SFA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	
9	2:49.42	S AAAA	F Shiven Bechra	15	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
10	2:49.83	S AAAA	F John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
11	2:53.97	L AAAA	F *I Tendo Mukalazi	17	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
12	2:50.64	S AAAA	F *I Aheer Chatterjee	16	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th	
13	2:56.77	L AAAA	F *I Namanya Ampaire	15	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO	
14	2:55.84	S AAAA	F Abdalla Ismail	16	CSCN ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
15	2:55.86	S AAAA	F Amin Salim	16	MAQ ZZ	26/04/2019	CASA GRAND PRIX 3	
16	3:00.06	L AAAA	F Dhilan Shah	15	SEAH ZZ	06/07/2019	The Manchester Non National Me	
17	2:56.22	S AAAA	P Ibrahim Omar	17	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
18	2:57.92	S AAAA	F Sam Scott	15	HIS ZZ	25/01/2019	Nairobi County Level 2 Swimm	
19	2:58.46	S AAAA	F Jono Per Opande	16	GEMS ZZ	25/01/2019	Nairobi County Level 2 Swimm	
20	2:58.63	S AAAA	F Stephen Ndegwa	16	BNDRI ZZ	26/04/2019	CASA GRAND PRIX 3	
21	2:58.65	S AAAA	P *I Mikka Kigundu	15	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONS	
22	2:58.72	S AAAA	F Paul Kioko	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONS	
23	2:59.64	S AAAA	F Rushab Shah	16	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
24	3:00.05	S AAAA	F Soud Hassan	20	BNDRI ZZ	25/01/2019	Casa Age Group 10 Years & Over 2019	
25	3:05.83	L F	F Munene Mugeru	16	OTTER ZZ	11/04/2019	2019 KSF Nationals Swimming Trials	

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	Time	P/F/S	Name	Age/Yr			
26	3:03.44	S S	F Jabali Chemirmir	16	SEAH ZZ	21/06/2019	Super Swim League Round 3
27	3:04.06	S	F *I Yuki Omori	16	BFINS ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
28	3:04.38	S	F Dennis Mwaura	27	KU ZZ	25/01/2019	Nairobi County Level 2 Swimmin
29	3:08.43	L	F Brian Kawelu	19	MAKIN ZZ	17/05/2019	Nairobi County Swimming Champi
30	3:05.65	S	F Jerome Waudou	18	BOSC ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
<b>Men 15 &amp; Over 200 Fly</b>							
1	2:12.52	L AAAA	P Maahir Harunani	20	KENYA ZZ	21/08/2019	12th African Games
2	2:15.04	L AAAA	F Monyo Maina	16	OSC ZZ	24/07/2019	2019 Canadian Junior Champions
3	2:19.21	S AAAA	F Mohammed Iqbal Khandwalla	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
4	2:27.57	S AAAA	P *I Darren Ssamula	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
5	2:27.79	S AAAA	F Siegfred Katumwa	16	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
6	2:28.06	S AAAA	F Stephen Ndegwa	16	BNDRI ZZ	21/06/2019	CASA Inter Clubs Swimming Championship
7	2:30.98	S AAAA	F Jono Per Opande	16	GEMS ZZ	25/01/2019	Nairobi County Level 2 Swimmin
8	2:36.69	S AAAA	F Kunaal Khagram	16	MAQ ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
9	2:38.33	S AAAA	F Twalib A Hamza	15	CSCN ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
10	2:52.49	S	F Kevin Adede	19	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
11	3:00.10	S	P *I Samora Byansi	18	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
12	3:01.41	S	F Rayyan Malik	17	BARAQ ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	3:05.80	L	P *I Raphael Musoke	16	SEALS ZZ	15/02/2019	2019 KSF Long Course Nationals
14	3:36.12	S	F Erick Mwenja	21	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
<b>Men 15 &amp; Over 200 IM</b>							
1	2:13.80	S AAAA	F Swaleh Talib	19	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
2	2:14.25	S AAAA	F Emmanuel Ndonga	19	OTTER ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
3	2:17.77	L AAAA	P Monyo Maina	16	KENYA ZZ	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CH
4	2:18.16	S AAAA	F Maahir Harunani	20	MAQ ZZ	08/02/2019	grand prix 1
5	2:18.98	S AAAA	F Tabuka Bifwoli	16	UNATT ZZ	08/02/2019	grand prix 1
6	2:19.08	S AAAA	F *I Atuhaire Ambala	18	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
7	2:21.65	S AAAA	F Stephen Ndegwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
8	2:22.73	S AAAA	F Jono Per Opande	16	GEMS ZZ	15/03/2019	Super Swim League - Round 1
9	2:24.51	S AAAA	F Alvin Omondi	18	KESS ZZ	15/03/2019	Super Swim League - Round 1
10	2:24.63	S AAAA	F *I Aheer Chatterjee	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
11	2:24.96	S AAAA	F Mohammed Iqbal Khandwalla	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
12	2:25.04	S AAAA	F Nobby Nelson	19	BNDRI ZZ	08/02/2019	grand prix 1
13	2:27.55	S AAAA	F Siegfred Katumwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
14	2:28.64	S AAAA	F *I Darren Ssamula	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
15	2:28.88	S AAAA	F Dale Mwangi	19	BRAE ZZ	15/03/2019	Super Swim League - Round 1
16	2:29.72	S AAAA	F John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
17	2:29.99	S AAAA	F Kunaal Khagram	16	BNDRI ZZ	08/02/2019	grand prix 1
18	2:34.59	L AAAA	F *I Ulysse Smith-Chopin	17	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
19	2:31.42	S AAAA	F Scott Kithikii	16	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
20	2:35.82	L AAAA	F *I Tendo Mukalazi	17	UGAND ZZ	14/11/2018	CANA ZONE III SWIMMING CHAMPIO
21	2:35.98	L AAAA	F *I Billy-Scott Irakoze	23	USIDO ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
22	2:32.95	S AAAA	F Kigen Chemirmir	19	SEAH ZZ	15/03/2019	Super Swim League - Round 1
23	2:36.50	L AAAA	F Clyde Lwanya	15	NOVA ZZ	17/05/2019	Nairobi County Swimming Champi
24	2:33.73	S AAAA	F Rushab Shah	16	BNDRI ZZ	08/02/2019	grand prix 1
25	2:37.05	L AAAA	P *I Ciaran Eddy	19	BRAEA ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
26	2:34.29	S AAAA	F Samuel Ndonga	21	OTTER ZZ	15/03/2019	Super Swim League - Round 1
27	2:38.36	L AAAA	P Danilo Rosafo	18	BNDRI ZZ	11/04/2019	2019 KSF Nationals Swimming Trials
28	2:36.20	S AAAA	F Shiven Bechra	15	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
29	2:37.34	S AAAA	F Jabali Chemirmir	16	SEAH ZZ	15/03/2019	Super Swim League - Round 1
30	2:38.10	S AAAA	F Joseph Okal	17	KISAC ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
<b>Men 15 &amp; Over 400 IM</b>							
1	4:45.99	S AAAA	F Maahir Harunani	20	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH

### Individual Top Times

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	Time	P/F/S	Name	Age/Yr					
2	4:58.47	L	AAAA	F	Monyo Maina	16	OSC ZZ	10/05/2019	Edmonton Keyano Invitational 2
3	4:58.31	S	AAAA	F	*1 Aheer Chatterjee	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
4	4:58.53	S	AAAA	F	Kunaal Khagram	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
5	5:04.26	S	AAAA	F	Mohammed Iqbal Khandwalla	16	MAQ ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
6	5:07.23	S	AAAA	F	*1 Atuhaire Ambala	18	SEAH ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
7	5:12.63	S	AAAA	F	Siegfred Katumwa	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
8	5:19.26	S	AAAA	F	*1 Darren Ssamula	16	DSC-K ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
9	5:19.48	S	AAAA	F	John Paul Makona	16	BNDRI ZZ	04/10/2019	CASA LEVEL 2 SWIMMING CHAMPIONSH
10	5:22.46	S	AAAA	F	Nobby Nelson	19	BNDRI ZZ	19/10/2018	KSF NATIONAL SWIMMING CHAMPIONSH
11	5:41.86	L	AAAA	F	*1 Ulysse Smith-Chopin	17	SEAH ZZ	17/05/2019	Nairobi County Swimming Champi
12	5:40.34	S	AAAA	F	Clyde Lwanya	15	BBLES ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
13	5:49.56	S S		F	Dhilan Shah	15	SEAH ZZ	21/06/2019	Super Swim League Round 3
14	6:02.79	L		F	Swaleh Talib	19	BNDRI ZZ	30/11/2018	TBO SWIMMING CHAMPIONSHIP DEC
15	6:16.39	L		F	*1 Mikka Kigundu	15	DSC-K ZZ	15/02/2019	2019 KSF Long Course Nationals
16	6:11.50	S		F	Daryl Kyabayinze	15	AKAM ZZ	05/10/2018	Casa Age Group 10 Years & Over 5th - 7th
17	6:19.67	S		F	Kevin Adede	19	MAKIN ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
18	6:39.92	S		F	Dennis Mwaura	27	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
19	6:43.22	S		F	Lucas Omondi	20	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
20	7:16.20	S		F	Erick Mwenja	21	KU ZZ	04/10/2019	Nairobi County Level 2 Swimming Champio
21	7:18.53	S		F	Clinton Kipruto	25	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
22	7:19.14	S		F	Andrew Kinyanjui	26	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio
23	8:19.14	S		F	Seth Aoko	24	KU ZZ	05/10/2018	Nairobi County Level 2 Swimming Champio