

Individual Top Times

LONG LIST FOR AFRICA YOUTH GAMES

Times since: 01-Apr-19 Times until: 15-Feb-22 Age limit: age 15-18 on 31/12/2022 (born 01/01/2004 - 31/12/2007)
 Number of Top Times: 10 Show Long Course Only - FINA Points Age on 31/12/2022

- female swimmers achiving min 500 FINA points
- female swimmers achieving between 450 and 499 FINA points - RESERVE
- male swimmers achiving min 500 FINA points
- male swimmers achieving between 450 and 499 FINA points - RESERVE

WOMEN

Name	Age on 31/12/2022
Islam Ali, Lubaina	17
Okumu, Victoria	18
Bianchi, Maria	16
Gore, Reese	16
Mwige, Gakenia	17

MEN

Name	Age on 31/12/2022
Hart, Ivan	16
Muravvej, Aryen	17
Onyach, Jesse	17
Masinde, Johari	15
Masakha, Joshua	15
Kanja, Evans	18
Nahdy, Ali	16
Mutinda, Aker	16

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- male swimmers achieving min 500 FINA points
- male swimmers achieving between 450 and 499 FINA points

		Time			Name			Age		
Women	200 Free	1	2:16.19	L	570	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	100 Free	1	1:02.74	L	559	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	50 Free	1	28.79	L	555	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships
Women	100 Free	2	1:02.97	L	553	P	Okumu, Victoria	18	11/09/2019	Africa Junior Championships
Women	200 Free	2	2:17.93	L	549	F	Okumu, Victoria	18	11/04/2019	2019 KSF Nationals Swimming Trials
Women	100 Free	3	1:03.78	L	532	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	50 Free	2	29.26	L	529	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	400 Free	1	4:52.42	L	528	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	50 Free	3	29.37	L	523	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	800 Free	1	10:03.25	L	519	F	Islam Ali, Lubaina	17	11/09/2019	Africa Junior Championships
Women	400 Free	2	4:54.24	L	519	P	Okumu, Victoria	18	11/09/2019	Africa Junior Championships
Women	100 Breast	1	1:20.83	L	499	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	400 Free	3	4:59.41	L	492	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	50 Free	4	30.01	L	490	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women	200 IM	1	2:40.00	L	489	F	Okumu, Victoria	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women	1500 Free	1	19:34.13	L	481	F	Islam Ali, Lubaina	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	200 IM	2	2:41.33	L	477	F	Islam Ali, Lubaina	17	11/09/2019	Africa Junior Championships
Women	50 Breast	1	37.65	L	476	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	50 Fly	1	31.30	L	475	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships
Women	50 Back	1	34.73	L	468	F	Okumu, Victoria	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women	100 Fly	1	1:11.44	L	468	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships
Women	100 Fly	2	1:11.56	L	466	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	50 Free	5	30.53	L	466	F	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
Women	50 Back	2	34.81	L	465	F	Mwige, Gakenia	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	50 Fly	2	31.68	L	458	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	50 Fly	3	31.80	L	453	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women	100 Free	4	1:07.32	L	453	P	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
Men	800 Free	1	8:53.85	L	607	F	Hart, Ivan	16	22/01/2022	Somerset ASA 2022 County Championship
Men	400 Free	1	4:22.00	L	592	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	1500 Free	1	17:17.82	L	591	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	200 Free	1	2:02.36	L	579	F	Hart, Ivan	16	24/07/2021	South West British Summer Festival (Bath) L1
Men	100 Free	1	56.75	L	564	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	50 Free	1	25.70	L	538	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men	50 Free	2	25.94	L	523	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men	100 Fly	1	1:01.81	L	513	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	100 Free	2	58.66	L	511	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men	50 Free	3	26.18	L	509	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	200 IM	1	2:23.15	L	505	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	100 Free	3	58.89	L	505	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
Men	200 Fly	1	2:19.14	L	504	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	100 Free	4	58.91	L	504	F	Onyach, Jesse	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	50 Fly	1	28.19	L	493	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men	50 Fly	2	28.27	L	488	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
Men	50 Fly	3	28.30	L	487	F	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
Men	50 Free	4	26.69	L	480	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Free	5	1:00.13	L	474	F	Kanja, Evans	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Back	1	1:06.54	L	473	P	Hart, Ivan	16	22/01/2022	Somerset ASA 2022 County Championship
Men	400 IM	1	5:13.68	L	469	F	Hart, Ivan	16	13/03/2020	Millfield and Team Bath AS TYR
Men	50 Fly	4	28.65	L	469	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men	50 Free	5	26.92	L	468	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
Men	50 Fly	5	28.68	L	468	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Free	6	1:00.53	L	465	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	50 Fly	6	28.89	L	458	F	Mutinda, Aker	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Fly	2	1:04.57	L	450	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups

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		Name				Age			
Women 50 Free									
1	28.79	L	555	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships	
2	29.26	L	529	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
3	29.37	L	523	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa	
4	30.01	L	490	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
5	30.53	L	466	F	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials	
6	30.95	L	447	F	Karani, Kario	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
7	30.97	L	446	F	Baraka, Angela	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
8	31.05	L	443	F	Nanjala, Rebecca	16	11/04/2019	2019 KSF Nationals Swimming Trials	
9	31.38	L	429	F	Karanu, Wairimu	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
#	31.74	L	414	F	Kitony, Stacy Jerop	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
Women 100 Free									
1	1:02.74	L	559	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa	
2	1:02.97	L	553	P	Okumu, Victoria	18	11/09/2019	Africa Junior Championships	
3	1:03.78	L	532	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
4	1:07.32	L	453	P	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials	
5	1:08.25	L	434	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
6	1:09.19	L	417	F	Baraka, Angela	18	17/05/2019	Nairobi County Swimming Champi	
7	1:09.26	L	416	F	Karanu, Wairimu	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
8	1:09.60	L	410	F	Kagwima, Ashley	15	28/11/2019	2019 CANA Zone 3 Championships	
9	1:10.38	L	396	F	Kiragu, Mariam	16	14/12/2019	15th BSSA Nationals	
#	1:11.18	L	383	F	Kotut, Moige	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
Women 200 Free									
1	2:16.19	L	570	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa	
2	2:17.93	L	549	F	Okumu, Victoria	18	11/04/2019	2019 KSF Nationals Swimming Trials	
3	2:29.72	L	429	P	Bagha, Nurayn	18	11/04/2019	2019 KSF Nationals Swimming Trials	
4	2:30.57	L	422	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
5	2:32.07	L	410	F	Kagwima, Ashley	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
6	2:33.78	L	396	F	Mwige, Tugi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
7	2:36.22	L	378	F	Kiragu, Mariam	16	22/11/2019	14th UB Gala 2019	
8	2:37.23	L	371	F	Karanu, Wairimu	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
9	2:39.09	L	358	F	Mawira, Serah Makenna	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
#	2:39.71	L	354	F	Kamotho, Cheryl	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
Women 400 Free									
1	4:52.42	L	528	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa	
2	4:54.24	L	519	P	Okumu, Victoria	18	11/09/2019	Africa Junior Championships	
3	4:59.41	L	492	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
4	5:21.15	L	399	F	Bagha, Nurayn	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
5	5:25.81	L	382	F	Tripathee, Aagya	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
6	5:26.70	L	379	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
7	5:31.85	L	361	F	Kagwima, Ashley	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
8	5:38.62	L	340	F	Kiragu, Mariam	16	14/12/2019	15th BSSA Nationals	
9	5:41.23	L	332	F	Echessah, Axela	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
#	5:42.21	L	329	F	Mwasha, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
Women 800 Free									
1	10:03.25	L	519	F	Islam Ali, Lubaina	17	11/09/2019	Africa Junior Championships	
2	11:01.76	L	393	F	Bagha, Nurayn	18	11/04/2019	2019 KSF Nationals Swimming Trials	
3	11:12.91	L	373	F	Kiragu, Mariam	16	22/11/2019	14th UB Gala 2019	
4	11:19.70	L	362	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
5	11:28.88	L	348	F	Tripathee, Aagya	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
6	11:36.39	L	337	F	Kagwima, Ashley	15	11/04/2019	2019 KSF Nationals Swimming Trials	
7	11:40.55	L	331	F	Mawira, Serah Makenna	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
8	12:31.65	L	268	F	Irungu, Megan Wanja	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
9	12:48.62	L	250	F	Mwasha, Maria	16	11/04/2019	2019 KSF Nationals Swimming Trials	
#	14:14.89	L	182	F	Ndungu, Rachaelneema	17	17/05/2019	Nairobi County Swimming Champi	
Women 1500 Free									
1	19:34.13	L	481	F	Islam Ali, Lubaina	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
2	20:23.80	L	425	F	Okumu, Victoria	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
3	21:17.40	L	374	F	Bagha, Nurayn	18	11/04/2019	2019 KSF Nationals Swimming Trials	
4	22:38.91	L	310	F	Mawira, Serah Makenna	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
5	22:47.72	L	304	F	Kagwima, Ashley	15	17/05/2019	Nairobi County Swimming Champi	
6	23:40.15	L	272	F	Tripathee, Aagya	17	11/04/2019	2019 KSF Nationals Swimming Trials	
7	23:44.21	L	269	F	Irungu, Megan Wanja	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
8	30:02.22	L	133	F	Wangare, Virginia	15	17/05/2019	Nairobi County Swimming Champi	
Women 50 Back									
1	34.73	L	468	F	Okumu, Victoria	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
2	34.81	L	465	F	Mwige, Gakenia	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	
3	36.31	L	410	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)	
4	36.63	L	399	F	Mwige, Tugi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP	

5	36.76	L	395	F	Kiragu, Mariam	16	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
6	37.27	L	379	F	Shah, Rianna	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	37.42	L	374	F	Kagwima, Ashley	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	37.86	L	361	F	Kotut, Moige	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	37.89	L	361	F	Karanu, Wairimu	15	11/04/2019	2019 KSF Nationals Swimming Trials
#	37.93	L	359	F	Muriithi, Rachel Michelle	17	27/11/2020	Harare Senior Championships

Women 100 Back

1	1:15.24	L	447	F	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
2	1:18.47	L	394	F	Mwige, Tugi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	1:19.15	L	384	F	Kagwima, Ashley	15	28/11/2019	2019 CANA Zone 3 Championships
4	1:20.40	L	367	F	Kiragu, Mariam	16	09/12/2021	16th Botswana National Swimming Championships
5	1:22.92	L	334	F	Shah, Rianna	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:24.60	L	315	F	Chepngetich, Maya	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:25.02	L	310	P	Baraka, Angela	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:26.08	L	299	F	Aleyo, Joy	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:27.07	L	289	F	Maina, Kagure	15	11/04/2019	2019 KSF Nationals Swimming Trials
#	1:27.11	L	288	F	Muriithi, Rachel Michelle	17	03/04/2019	SA Level 2 Regional Age Group

Women 200 Back

1	2:48.25	L	394	F	Mwige, Tugi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	2:48.37	L	393	F	Mwige, Gakenia	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	2:52.17	L	367	F	Islam Ali, Lubaina	17	28/11/2019	2019 CANA Zone 3 Championships
4	2:56.11	L	343	F	Irungu, Erica Wangechi	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	2:57.06	L	338	F	Kiragu, Mariam	16	09/12/2021	16th Botswana National Swimming Championships
6	2:58.19	L	331	F	Shah, Rianna	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:58.27	L	331	P	Kagwima, Ashley	15	11/04/2019	2019 KSF Nationals Swimming Trials
8	x3:04.44	L	299	F	Shavdia, Kreeshi	18	28/11/2019	2019 CANA Zone 3 Championships
9	3:05.77	L	292	F	Mawira, Serah Makenna	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	3:09.10	L	277	F	Muriithi, Rachel Michelle	17	08/10/2021	Harare 3rd Seeded 2021

Women 50 Breast

1	37.65	L	476	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	39.76	L	404	F	Ameya, Rana	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	40.77	L	374	F	Mwasha, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	42.05	L	341	F	Nanjala, Rebecca	16	28/11/2019	2019 CANA Zone 3 Championships
5	42.48	L	331	F	Baraka, Angela	18	11/04/2019	2019 KSF Nationals Swimming Trials
6	42.86	L	322	F	Shah, Deeya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	43.24	L	314	F	Kiragu, Mariam	16	09/12/2021	16th Botswana National Swimming Championships
8	43.39	L	311	F	Kamotho, Cheryl	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	43.47	L	309	F	Nyakundi, Joan	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	43.88	L	300	F	Kittony, Stacy Jerop	16	17/05/2019	Nairobi County Swimming Champi

Women 100 Breast

1	1:20.83	L	499	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	1:27.52	L	393	F	Ameya, Rana	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	1:30.11	L	360	F	Mwige, Tugi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	1:30.71	L	353	F	Mwasha, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:31.92	L	339	F	Irungu, Erica Wangechi	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:34.03	L	317	F	Baraka, Angela	18	17/05/2019	Nairobi County Swimming Champi
7	1:34.42	L	313	F	Kamotho, Cheryl	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:36.07	L	297	F	Shah, Deeya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:37.48	L	284	F	Kiragu, Mariam	16	05/10/2019	BSSA 2nd League Gala - Gaborone
#	1:37.53	L	284	F	Kotut, Moige	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 200 Breast

1	3:13.12	L	373	F	Ameya, Rana	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	3:18.30	L	345	F	Irungu, Erica Wangechi	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	3:22.25	L	325	F	Mwasha, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	3:27.79	L	300	F	Kiragu, Mariam	16	14/12/2019	15th BSSA Nationals
5	3:30.65	L	287	F	Shah, Deeya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	3:32.80	L	279	F	Kamotho, Cheryl	16	17/05/2019	Nairobi County Swimming Champi
7	3:34.12	L	274	F	Kagwima, Ashley	15	17/05/2019	Nairobi County Swimming Champi
8	3:37.21	L	262	F	Echessah, Axela	18	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	3:37.95	L	260	F	Manek, Shriya	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	3:40.60	L	250	F	Shah, Diva	15	17/05/2019	Nairobi County Swimming Champi

Women 50 Fly

1	31.30	L	475	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships
2	31.68	L	458	F	Islam Ali, Lubaina	17	11/10/2021	14th CANA African Junior & Senior and Open Wa
3	31.80	L	453	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	32.65	L	418	F	Karani, Kario	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	33.12	L	401	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	34.02	L	370	P	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
7	34.39	L	358	F	Muriithi, Rachel Michelle	17	03/04/2019	SA Level 2 Regional Age Group
8	34.99	L	340	F	Hassanali, Ilhaam	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	34.99	L	340	F	Nanjala, Rebecca	16	28/11/2019	2019 CANA Zone 3 Championships
#	35.44	L	327	F	Kagwima, Ashley	15	28/11/2019	2019 CANA Zone 3 Championships

Women 100 Fly

1	1:11.44	L	468	F	Okumu, Victoria	18	28/11/2019	2019 CANA Zone 3 Championships
2	1:11.56	L	466	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	1:12.44	L	449	F	Islam Ali, Lubaina	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	1:14.58	L	411	P	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:19.56	L	339	F	Bagha, Nurayn	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:19.60	L	338	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	1:20.46	L	327	F	Kagwima, Ashley	15	21/06/2019	Hamilton Aquatics Summer Sizzler
8	1:21.70	L	313	F	Muriithi, Rachel Michelle	17	03/04/2019	SA Level 2 Regional Age Group
9	1:22.95	L	299	F	Nanjala, Rebecca	16	11/04/2019	2019 KSF Nationals Swimming Trials
#	1:24.28	L	285	F	Hassanali, Ilhaam	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 200 Fly

1	2:39.38	L	446	P	Okumu, Victoria	18	11/04/2019	2019 KSF Nationals Swimming Trials
2	2:41.54	L	428	P	Islam Ali, Lubaina	17	11/09/2019	Africa Junior Championships
3	3:00.94	L	305	P	Bagha, Nurayn	18	11/04/2019	2019 KSF Nationals Swimming Trials

4	3:08.07	L	271	F	Kagwima, Ashley	15	21/06/2019	Hamilton Aquatics Summer Sizzler
5	3:09.92	L	263	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	3:16.13	L	239	F	Muriithi, Rachel Michelle	17	27/11/2020	Harare Senior Championships
7	3:41.13	L	167	F	Mwasha, Maria	16	17/05/2019	Nairobi County Swimming Champi
8	3:56.00	L	137	F	Shah, Diva	15	17/05/2019	Nairobi County Swimming Champi
Women 200 IM								
1	2:40.00	L	489	F	Okumu, Victoria	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
2	2:41.33	L	477	F	Islam Ali, Lubaina	17	11/09/2019	Africa Junior Championships
3	2:48.56	L	418	F	Bianchi, Maria	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	2:50.19	L	406	F	Mwige, Gakenia	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:53.58	L	383	F	Kagwima, Ashley	15	21/06/2019	Hamilton Aquatics Summer Sizzler
6	2:54.31	L	378	F	Irungu, Erica Wangechi	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:54.80	L	375	F	Gore, Reese	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	2:55.70	L	369	F	Bagha, Nurayn	18	11/04/2019	2019 KSF Nationals Swimming Trials
9	2:59.07	L	349	F	Kiragu, Mariam	16	14/12/2019	15th BSSA Nationals
#	2:59.87	L	344	P	Nanjala, Rebecca	16	11/04/2019	2019 KSF Nationals Swimming Trials
Women 400 IM								
1	5:59.53	L	406	F	Islam Ali, Lubaina	17	28/11/2019	2019 CANA Zone 3 Championships
2	6:29.54	L	319	F	Kiragu, Mariam	16	04/04/2019	2nd DMSS Gators Annual Swim Ga
3	6:38.58	L	298	P	Kagwima, Ashley	15	11/04/2019	2019 KSF Nationals Swimming Trials
4	6:44.24	L	286	F	Muriithi, Rachel Michelle	17	20/11/2020	Harare 5th Seeded
5	6:46.96	L	280	F	Mwasha, Maria	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	x8:05.35	L	165	F	Ochoro, Xolani	15	17/05/2019	Nairobi County Swimming Champi
Men 50 Free								
1	25.70	L	538	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
2	25.94	L	523	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
3	26.18	L	509	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
4	26.69	L	480	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	26.92	L	468	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
6	27.33	L	447	F	Mwamisi, Trevor	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	27.37	L	445	F	Kanja, Evans	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	* 27.43	L	442	F	Walid, Khalid	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	* 27.43	L	442	F	Bagha, Abdul	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	27.46	L	441	F	Okumu, Jesse	18	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 100 Free								
1	56.75	L	564	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	58.66	L	511	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
3	58.89	L	505	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
4	58.91	L	504	F	Onyach, Jesse	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:00.13	L	474	F	Kanja, Evans	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:00.53	L	465	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:01.22	L	449	F	Mwamisi, Trevor	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:01.68	L	439	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:01.89	L	435	F	Sheikh, Mohammed	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	1:02.11	L	430	F	Blunsum, Carlo	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 200 Free								
1	2:02.36	L	579	F	Hart, Ivan	16	24/07/2021	South West British Summer Festival (Bath) L1
2	2:16.21	L	419	P	Onyach, Jesse	17	11/09/2019	Africa Junior Championships
3	2:17.35	L	409	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
4	* 2:20.60	L	381	F	Mwamisi, Trevor	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	* 2:20.60	L	381	F	Kanja, Evans	18	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	2:22.66	L	365	F	Muravvej, Aryen	17	11/04/2019	2019 KSF Nationals Swimming Trials
7	2:22.69	L	365	F	Mutinda, Aker	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	2:22.94	L	363	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:25.20	L	346	F	Sheikh, Mohammed	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	2:25.26	L	346	F	Bashir, Ishaq	17	11/04/2019	2019 KSF Nationals Swimming Trials
Men 400 Free								
1	4:22.00	L	592	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	5:00.81	L	391	F	Mwamisi, Trevor	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	5:02.20	L	386	F	Bagha, Abdul	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	5:07.25	L	367	P	Bashir, Ishaq	17	11/09/2019	Africa Junior Championships
5	5:16.94	L	334	F	Abubakar, Riyadh	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	5:30.00	L	296	F	Kioko, Jesse	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	6:10.77	L	209	F	Kalombo, Michael	16	17/05/2019	Nairobi County Swimming Champi
8	6:46.45	L	158	F	Kibui, Allan	15	17/05/2019	Nairobi County Swimming Champi
9	7:19.45	L	125	F	Amor, James	16	17/05/2019	Nairobi County Swimming Champi
Men 800 Free								
1	8:53.85	L	607	F	Hart, Ivan	16	22/01/2022	Somerset ASA 2022 County Championship
2	10:45.52	L	343	F	Bachelani, Samir	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	11:13.22	L	302	F	Bashir, Ishaq	17	11/04/2019	2019 KSF Nationals Swimming Trials
4	11:35.71	L	274	F	Abubakar, Riyadh	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
5	11:59.31	L	248	F	Anjichi, Daryl Anambo	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	13:11.87	L	186	F	Kalombo, Michael	16	17/05/2019	Nairobi County Swimming Champi
7	15:31.95	L	114	F	Amor, James	16	17/05/2019	Nairobi County Swimming Champi
Men 1500 Free								
1	17:17.82	L	591	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	26:44.97	L	159	F	Kalombo, Michael	16	17/05/2019	Nairobi County Swimming Champi
3	29:24.69	L	120	F	Amor, James	16	17/05/2019	Nairobi County Swimming Champi
Men 50 Back								
1	31.91	L	425	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
2	31.96	L	423	P	Muravvej, Aryen	17	11/09/2019	Africa Junior Championships
3	32.11	L	417	P	Hart, Ivan	16	29/07/2019	Swim Wales Summer Open Meet 2019
4	33.35	L	372	F	Blunsum, Carlo	16	28/11/2019	2019 CANA Zone 3 Championships
5	33.55	L	366	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	33.98	L	352	F	Bashir, Ishaq	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	34.32	L	341	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	34.62	L	333	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

9	34.63	L	332	F	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	34.67	L	331	F	Muigai, Jomo	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men 100 Back								
1	1:06.54	L	473	P	Hart, Ivan	16	22/01/2022	Somerset ASA 2022 County Championship
2	1:08.17	L	440	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
3	1:11.01	L	389	P	Muravvej, Aryen	17	11/09/2019	Africa Junior Championships
4	1:11.17	L	386	F	Blunsum, Carlo	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	1:14.50	L	337	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:15.37	L	325	F	Bashir, Ishaq	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	1:15.67	L	321	F	Walid, Khalid	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	1:16.49	L	311	F	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:16.78	L	307	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	1:16.94	L	306	F	Kioko, Jesse	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 200 Back								
1	2:29.70	L	417	F	Hart, Ivan	16	13/03/2020	Millfield and Team Bath AS TYR
2	2:40.72	L	337	F	Bagha, Abdul	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	2:41.45	L	333	F	Blunsum, Carlo	16	28/11/2019	2019 CANA Zone 3 Championships
4	2:48.61	L	292	T	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:56.76	L	253	F	Bitok, Shawn	18	06/07/2019	The Manchester Non National Me
6	3:06.78	L	215	F	Shah, Dhilan	18	17/05/2019	Nairobi County Swimming Champi
7	3:12.19	L	197	F	Michuki, Michael	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	3:14.91	L	189	P	Lwanya, Warren	15	11/04/2019	2019 KSF Nationals Swimming Trials
9	3:22.54	L	168	F	Nyagah, Xidi Munene	15	17/05/2019	Nairobi County Swimming Champi
#	3:29.81	L	151	F	Hawala, Ngesa	15	17/05/2019	Nairobi County Swimming Champi
Men 50 Breast								
1	34.24	L	435	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	34.50	L	425	F	Sheikh, Mohammed	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
3	35.92	L	377	F	Kanja, Evans	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	36.07	L	372	F	Anjichi, Daryl Anambo	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	36.16	L	369	F	Maywaka, Owen	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	36.72	L	352	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	36.87	L	348	F	Otieno, Adam	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
8	37.01	L	344	F	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	37.07	L	343	F	Bagha, Abdul	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	37.51	L	331	F	Shah, Dhilan	18	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 100 Breast								
1	1:16.50	L	411	F	Kudwoli, Haniel	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
2	1:20.57	L	351	F	Maywaka, Owen	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
3	1:21.03	L	345	F	Sheikh, Mohammed	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
4	1:22.36	L	329	F	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:22.87	L	323	F	Shah, Dhilan	18	06/07/2019	The Manchester Non National Me
6	1:23.25	L	318	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:23.64	L	314	F	Bachelani, Samir	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:24.61	L	303	F	Anjichi, Daryl Anambo	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:24.73	L	302	F	Otieno, Adam	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	1:25.59	L	293	F	Walid, Khalid	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 200 Breast								
1	3:00.06	L	343	F	Shah, Dhilan	18	06/07/2019	The Manchester Non National Me
2	3:00.31	L	342	F	Bachelani, Samir	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	3:01.20	L	337	F	Maywaka, Owen	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
4	3:02.40	L	330	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	3:03.04	L	327	F	Sheikh, Mohammed	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	3:17.32	L	261	F	Shivo, Eric	16	17/05/2019	Nairobi County Swimming Champi
7	3:21.41	L	245	T	Michuki, Michael	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	3:21.76	L	244	F	Amor, James	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	3:26.87	L	226	F	Anjichi, Daryl Anambo	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	3:35.55	L	200	F	Kalombo, Michael	16	17/05/2019	Nairobi County Swimming Champi
Men 50 Fly								
1	28.19	L	493	F	Muravvej, Aryen	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
2	28.27	L	488	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
3	28.30	L	487	F	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
4	28.65	L	469	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	28.68	L	468	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	28.89	L	458	F	Mutinda, Aker	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	29.35	L	436	F	Walid, Khalid	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	29.99	L	409	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	30.21	L	400	F	Muigai, Jomo	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	30.31	L	396	F	Blunsum, Carlo	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 100 Fly								
1	1:01.81	L	513	F	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	1:04.57	L	450	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
3	1:05.54	L	430	F	Onyach, Jesse	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
4	1:07.06	L	402	F	Masakha, Joshua	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:07.98	L	386	F	Nahdy, Ali	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:08.49	L	377	F	Mwamisi, Trevor	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:09.92	L	354	F	Mutinda, Aker	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:11.39	L	333	F	Kioko, Jesse	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	1:12.82	L	314	F	Bachelani, Samir	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	1:16.70	L	268	F	Michuki, Michael	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men 200 Fly								
1	2:19.14	L	504	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	2:38.80	L	339	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
3	3:20.52	L	168	F	Shivo, Eric	16	17/05/2019	Nairobi County Swimming Champi
4	3:23.49	L	161	F	Lwanya, Warren	15	17/05/2019	Nairobi County Swimming Champi
Men 200 IM								
1	2:23.15	L	505	P	Hart, Ivan	16	17/12/2021	Swim Wales Open Winter Championships 2021
2	2:36.75	L	384	P	Muravvej, Aryen	17	11/09/2019	Africa Junior Championships

3	2:37.80	L	377	P	Masinde, Johari	15	15/01/2022	Devon County 2022 Championships / Age Groups
4	2:41.41	L	352	F	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:42.60	L	344	F	Kanja, Evans	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	2:43.19	L	340	F	Blunsum, Carlo	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	2:43.24	L	340	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	2:43.29	L	340	F	Bashir, Ishaq	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:45.97	L	324	P	Mwamisi, Trevor	18	11/04/2019	2019 KSF Nationals Swimming Trials
#	2:46.14	L	323	F	Bachelani, Samir	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Men 400 IM

1	5:13.68	L	469	F	Hart, Ivan	16	13/03/2020	Millfield and Team Bath AS TYR
2	6:38.98	L	228	F	Michuki, Michael	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
3	x6:43.96	L	219	F	Maywaka, Owen	17	17/05/2019	Nairobi County Swimming Champi