

Individual Top Times

LONG LIST FOR COMMONWEALTH GAMES

Times since: 01-Apr-19 Times until: 15-Feb-22

Number of Top Times: 10 Show Long Course Only - FINA Points Age actual

- female swimmers achieving min 600 FINA points
- female swimmers achieving between 550 and 599 FINA points - RESERVE
- male swimmers achieving min 600 FINA points
- male swimmers achieving between 550 and 599 FINA points - RESERVE

WOMEN

Men

Name	Age
Muteti, Emily	23
Brunlehner, Maria	21
Kamau, Rebecca	22
Thorpe, Imara-Bella	20
Ruchti, Lucia	18
Islam Ali, Lubaina	16
Okumu, Victoria	17

Name	Age on 31/12/2022
Rosafio, Danilo	20
Mohamed, Ridhwan	21
Talib, Swaleh	21
Nyoike, Stephen	18
Pragassa, Tory	25
Maina, Monyo	18
Bifwoli, Tabuka	18
Hart, Ivan	15
Opande, Jono Per	18

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- female swimmers achieving min 600 FINA points
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- male swimmers achieving min 600 FINA points
- male swimmers achieving between 550 and 599 FINA points

						Name	Age		
Women	100 Fly	1	1:01.40	L	737	F Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
Women	50 Free	1	26.30	L	729	P Muteti, Emily	23	15/06/2021	2021 French Swimming Championships
Women	100 Free	1	57.75	L	717	F Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
Women	50 Free	2	26.69	L	697	F Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
Women	200 IM	1	2:22.18	L	697	F Kamau, Rebecca	22	21/08/2019	12th African Games
Women	100 Free	2	58.39	L	694	F Brunlehner, Maria	21	21/08/2019	12th African Games
Women	50 Breast	1	33.35	L	685	P Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
Women	200 IM	2	2:24.02	L	671	F Brunlehner, Maria	21	21/08/2019	12th African Games
Women	200 Breast	1	2:39.37	L	665	P Kamau, Rebecca	22	21/08/2019	12th African Games
Women	100 Fly	2	1:03.54	L	665	F Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Breast	2	33.83	L	656	P Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
Women	100 Breast	1	1:13.99	L	651	F Kamau, Rebecca	22	21/08/2019	12th African Games
Women	50 Breast	3	34.00	L	646	F Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
Women	50 Free	3	27.40	L	644	F Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Fly	1	28.47	L	631	F Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	100 Free	3	1:00.39	L	627	F Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	100 Breast	2	1:15.09	L	622	P Brunlehner, Maria	21	21/07/2019	18th FINA World Championships
Women	50 Fly	2	28.69	L	617	P Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
Women	50 Free	4	27.79	L	617	F Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	200 Free	1	2:13.68	L	603	P Thorpe, Imara-Bella	20	21/08/2019	12th African Games
Women	50 Back	1	32.01	L	598	P Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	100 Free	4	1:01.50	L	594	F Thorpe, Imara-Bella	20	11/04/2019	2019 KSF Nationals Swimming Trials
Women	200 Free	2	2:15.73	L	576	P Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	200 Free	3	2:16.19	L	570	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	100 Back	1	1:09.42	L	570	P Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Fly	3	29.61	L	561	F Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	100 Fly	3	1:07.27	L	560	P Kamau, Rebecca	22	11/07/2019	2019 LC IL Senior Swimming Championships
Women	100 Free	5	1:02.74	L	559	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	50 Free	5	28.79	L	555	F Okumu, Victoria	17	28/11/2019	2019 CANA Zone 3 Championships
Women	100 Free	6	1:02.97	L	553	P Okumu, Victoria	17	11/09/2019	Africa Junior Championships

Men	100 Free	1	52.09	L	730	P Rosafo, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	2	52.68	L	706	P Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
Men	50 Free	1	23.52	L	702	F Rosafo, Danilo	20	05/06/2021	36 International Swimming Meet of Porto
Men	200 Free	1	1:55.68	L	685	P Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
Men	100 Free	3	53.53	L	672	F Talib, Swaleh	21	12/04/2021	Stirling Time Trial
Men	100 Fly	1	56.60	L	668	F Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	50 Free	2	24.01	L	660	F Talib, Swaleh	21	12/04/2021	Stirling Time Trial
Men	50 Breast	1	29.84	L	657	F Pragassa, Tory	25	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men	50 Fly	1	25.66	L	653	F Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	200 Free	2	1:58.25	L	641	F Rosafo, Danilo	20	13/03/2020	Millfield and Team Bath AS TYR
Men	50 Free	3	24.31	L	636	F Mohamed, Ridhwan	21	14/03/2020	Plymouth Leander L1/3 Spring R
Men	100 Fly	2	57.73	L	630	P Mohamed, Ridhwan	21	15/01/2022	Devon County 2022 Championships / Age Groups
Men	400 Free	1	4:16.88	L	628	P Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Fly	3	58.08	L	619	P Rosafo, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	50 Fly	2	26.16	L	616	P Rosafo, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	50 Free	4	24.60	L	614	F Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
Men	100 Free	4	55.30	L	610	F Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	800 Free	1	8:53.85	L	607	F Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
Men	800 Free	2	8:53.99	L	606	P Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	1500 Free	1	17:12.26	L	600	F Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
Men	50 Fly	3	26.39	L	600	P Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men	400 Free	2	4:22.00	L	592	F Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men	1500 Free	2	17:17.82	L	591	F Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men	50 Fly	4	26.55	L	590	F Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
Men	100 Fly	4	59.04	L	589	F Maina, Monyo	18	12/02/2022	WEST COAST COLLEGIATE (LC)
Men	100 Free	5	56.10	L	584	F Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	200 Free	3	2:02.33	L	579	F Maina, Monyo	18	04/07/2019	2019 Summer Championships
Men	200 Free	4	2:02.36	L	579	F Hart, Ivan	15	24/07/2021	South West British Summer Festival (Bath) L1
Men	100 Fly	5	59.42	L	578	P Bifwoli, Tabuka	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	6	56.33	L	577	F Maina, Monyo	18	11/09/2019	Africa Junior Championships
Men	50 Free	5	25.22	L	569	F Nyoike, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Breast	1	1:08.69	L	567	F Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men	200 IM	1	2:17.77	L	566	P Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	7	56.75	L	564	P Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men	50 Breast	2	31.55	L	556	P Opande, Jono Per	18	11/09/2019	Africa Junior Championships
Men	50 Fly	5	27.10	L	554	F Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men	400 IM	1	4:56.87	L	554	P Maina, Monyo	18	07/02/2020	Edmonton Open
Men	50 Fly	6	27.16	L	551	F Maina, Monyo	18	07/08/2021	Western TransMountain Festival II
Men	200 Fly	1	2:15.04	L	551	F Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships

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				Name	Age		
Women 50 Free							
1	26.30	L	729	P Muteti, Emily	23	15/06/2021	2021 French Swimming Championships
2	26.69	L	697	F Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
3	27.40	L	644	F Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
4	27.79	L	617	F Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
5	28.79	L	555	F Okumu, Victoria	17	28/11/2019	2019 CANA Zone 3 Championships
6	29.26	L	529	F Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	29.37	L	523	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
8	30.01	L	490	F Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	30.26	L	478	F Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	30.32	L	475	F Langat, Audrey Chebet	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women 100 Free							
1	57.75	L	717	F Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
2	58.39	L	694	F Brunlehner, Maria	21	21/08/2019	12th African Games
3	1:00.39	L	627	F Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
4	1:01.50	L	594	F Thorpe, Imara-Bella	20	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:02.74	L	559	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
6	1:02.97	L	553	P Okumu, Victoria	17	11/09/2019	Africa Junior Championships
7	1:03.78	L	532	F Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:04.14	L	524	F Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
9	1:06.74	L	465	P Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
#	1:06.97	L	460	F Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Women 200 Free							
1	2:13.68	L	603	P Thorpe, Imara-Bella	20	21/08/2019	12th African Games
2	2:15.73	L	576	P Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
3	2:16.19	L	570	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
4	2:17.93	L	549	F Okumu, Victoria	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:22.43	L	499	F Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
6	2:24.16	L	481	F Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:24.48	L	478	P Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
8	2:27.96	L	445	F Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
9	2:29.72	L	429	P Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
#	2:30.57	L	422	F Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 400 Free							
1	4:52.42	L	528	F Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	4:54.24	L	519	P Okumu, Victoria	17	11/09/2019	Africa Junior Championships
3	4:57.85	L	500	F Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
4	4:59.41	L	492	F Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	5:03.13	L	474	F Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
6	5:16.65	L	416	F Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
7	5:21.15	L	399	F Bagha, Nurayn	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	5:25.81	L	382	F Tripathee, Aagya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	5:26.70	L	379	F Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	5:31.85	L	361	F Kagwima, Ashley	14	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 800 Free							
1	10:03.25	L	519	F Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
2	10:48.76	L	417	F Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
3	10:59.71	L	396	F Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
4	11:01.76	L	393	F Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	11:12.91	L	373	F Kiragu, Mariam	15	22/11/2019	14th UB Gala 2019
6	11:19.70	L	362	F Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	11:28.88	L	348	F Tripathee, Aagya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	11:36.39	L	337	F Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials
9	11:40.55	L	331	F Mawira, Serah Makenna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	12:17.71	L	283	F Omoro, Saniyah	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 1500 Free							
1	19:34.13	L	481	F Islam Ali, Lubaina	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	20:23.80	L	425	F Okumu, Victoria	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	20:48.04	L	401	F Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
4	21:17.40	L	374	F Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	22:28.12	L	318	F Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
6	22:38.91	L	310	F Mawira, Serah Makenna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	22:47.72	L	304	F Kagwima, Ashley	14	17/05/2019	Nairobi County Swimming Champi
8	23:40.15	L	272	F Tripathee, Aagya	16	11/04/2019	2019 KSF Nationals Swimming Trials
9	23:44.21	L	269	F Irungu, Megan Wanja	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	24:25.13	L	247	F Umi Njeri, Josette	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 50 Back

1	32.01	L	598	P	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	34.33	L	485	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
3	34.73	L	468	F	Okumu, Victoria	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
4	34.81	L	465	F	Mwige, Gakenia	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	35.37	L	443	P	Hart, Alexandra	13	17/12/2021	Swim Wales Open Winter Championships 2021
6	36.31	L	410	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	36.56	L	401	P	Williams, Angel	13	15/12/2020	Western Cape Long Course Championships 2020
8	36.63	L	399	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	36.76	L	395	F	Kiragu, Mariam	15	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
#	37.23	L	380	P	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials

Women 100 Back

1	1:09.42	L	570	P	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	1:12.06	L	509	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
3	1:13.51	L	480	P	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
4	1:13.95	L	471	P	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
5	1:15.24	L	447	F	Mwige, Gakenia	16	11/04/2019	2019 KSF Nationals Swimming Trials
6	1:15.68	L	440	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
7	1:18.47	L	394	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:19.15	L	384	F	Kagwima, Ashley	14	28/11/2019	2019 CANA Zone 3 Championships
9	1:20.40	L	367	F	Kiragu, Mariam	15	09/12/2021	16th Botswana National Swimming Championships
#	1:20.88	L	360	F	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials

Women 200 Back

1	2:38.84	L	468	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
2	2:40.60	L	453	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
3	2:42.51	L	437	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
4	2:48.25	L	394	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:48.37	L	393	F	Mwige, Gakenia	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	2:52.17	L	367	F	Islam Ali, Lubaina	16	28/11/2019	2019 CANA Zone 3 Championships
7	2:56.11	L	343	F	Irungu, Erica Wangechi	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	2:57.06	L	338	F	Kiragu, Mariam	15	09/12/2021	16th Botswana National Swimming Championships
9	2:58.19	L	331	F	Shah, Rianna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	* 2:58.27	L	331	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	* 2:58.27	L	331	P	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials

Women 50 Breast

1	33.35	L	685	P	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
2	33.83	L	656	P	Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
3	34.00	L	646	F	Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
4	36.82	L	509	P	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
5	36.85	L	507	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
6	37.65	L	476	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	39.11	L	424	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
8	39.58	L	409	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	39.76	L	404	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	39.86	L	401	F	Kamotho, Christe	11	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 100 Breast

1	1:13.99	L	651	F	Kamau, Rebecca	22	21/08/2019	12th African Games
2	1:15.09	L	622	P	Brunlehner, Maria	21	21/07/2019	18th FINA World Championships
3	1:20.83	L	499	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	1:22.11	L	476	F	Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:23.45	L	453	F	Jamal, Bianca	14	24/07/2021	London Region Festival of Swimming Meet 2021
6	1:25.74	L	418	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
7	1:27.52	L	393	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:27.67	L	391	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	1:30.11	L	360	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	1:30.71	L	353	F	Mwasha, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 200 Breast

1	2:39.37	L	665	P	Kamau, Rebecca	22	21/08/2019	12th African Games
2	2:58.35	L	474	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
3	3:00.52	L	457	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
4	3:08.71	L	400	F	Jamal, Bianca	14	24/07/2021	London Region Festival of Swimming Meet 2021
5	3:10.87	L	387	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	3:13.12	L	373	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	3:18.30	L	345	F	Irungu, Erica Wangechi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	3:22.25	L	325	F	Mwasha, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	3:24.41	L	315	F	Kalombo, Macrine	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	3:25.05	L	312	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 50 Fly

1	28.47	L	631	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	28.69	L	617	P	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
3	29.61	L	561	F	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
4	29.88	L	546	F	Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
5	31.30	L	475	F	Okumu, Victoria	17	28/11/2021	2019 CANA Zone 3 Championships
6	31.68	L	458	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
7	31.80	L	453	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	32.65	L	418	F	Karani, Kario	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	32.82	L	412	F	Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	33.12	L	401	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 100 Fly

1	1:01.40	L	737	F	Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
2	1:03.54	L	665	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
3	1:07.27	L	560	P	Kamau, Rebecca	22	11/07/2019	2019 LC IL Senior Swimming Championships
4	1:11.44	L	468	F	Okumu, Victoria	17	28/11/2021	2019 CANA Zone 3 Championships
5	1:11.56	L	466	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

6	1:12.44	L	449	F	Islam Ali, Lubaina	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:14.58	L	411	P	Mwige, Gakenia	16	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:18.04	L	359	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
9	1:19.05	L	345	F	Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
#	1:19.56	L	339	F	Bagha, Nurayn	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 200 Fly

1	2:39.38	L	446	P	Okumu, Victoria	17	11/04/2019	2019 KSF Nationals Swimming Trials
2	2:41.54	L	428	P	Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
3	2:56.44	L	329	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
4	3:00.94	L	305	P	Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	3:08.07	L	271	F	Kagwima, Ashley	14	21/06/2019	Hamilton Aquatics Summer Sizzler
6	3:09.92	L	263	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	3:16.13	L	239	F	Muriithi, Rachel Michelle	17	27/11/2020	Harare Senior Championships
8	3:41.13	L	167	F	Mwasha, Maria	15	17/05/2019	Nairobi County Swimming Champi
9	3:56.00	L	137	F	Shah, Diva	14	17/05/2019	Nairobi County Swimming Champi
#	4:07.64	L	119	F	Leboy, Vahkenah	11	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 200 IM

1	2:22.18	L	697	F	Kamau, Rebecca	22	21/08/2019	12th African Games
2	2:24.02	L	671	F	Brunlehner, Maria	21	21/08/2019	12th African Games
3	2:33.95	L	549	F	Thorpe, Imara-Bella	20	22/01/2022	City of Sunderland ASC New Year Meet 2022
4	2:36.90	L	519	F	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:40.00	L	489	F	Okumu, Victoria	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	2:40.60	L	484	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
7	2:41.33	L	477	F	Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
8	2:41.68	L	474	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
9	2:45.12	L	445	P	Ruchti, Lucia	18	11/04/2019	2019 KSF Nationals Swimming Trials
#	2:48.56	L	418	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 400 IM

1	5:59.53	L	406	F	Islam Ali, Lubaina	16	28/11/2019	2019 CANA Zone 3 Championships
2	6:02.45	L	396	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
3	6:10.90	L	370	F	Jamal, Bianca	14	08/02/2020	The 2020 Middlesex County Championships
4	6:15.74	L	356	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	6:29.54	L	319	F	Kiragu, Mariam	15	04/04/2019	2nd DMSS Gators Annual Swim Ga
6	6:38.58	L	298	P	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials
7	6:39.01	L	297	F	Maina, Wangechi	13	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	6:44.24	L	286	F	Muriithi, Rachel Michelle	17	20/11/2020	Harare 5th Seeded
9	6:46.96	L	280	F	Mwasha, Maria	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	x8:05.35	L	165	F	Ochoro, Xolani	14	17/05/2019	Nairobi County Swimming Champi

Men 50 Free

1	23.52	L	702	F	Rosafio, Danilo	20	05/06/2021	36 International Swimming Meet of Porto
2	24.01	L	660	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
3	24.31	L	636	F	Mohamed, Ridhwan	21	14/03/2020	Plymouth Leander L1/3 Spring R
4	24.60	L	614	F	Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
5	25.22	L	569	F	Nyoike, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	25.70	L	538	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	25.77	L	534	F	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	25.94	L	523	F	Onyach, Jesse	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	26.18	L	509	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
#	26.30	L	502	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2

Men 100 Free

1	52.09	L	730	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	52.68	L	706	P	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
3	53.53	L	672	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
4	55.30	L	610	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
5	56.10	L	584	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
6	56.33	L	577	F	Maina, Monyo	18	11/09/2019	Africa Junior Championships
7	56.75	L	564	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
8	58.38	L	518	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
9	58.41	L	518	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
#	58.66	L	511	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 200 Free

1	1:55.68	L	685	P	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
2	1:58.25	L	641	F	Rosafio, Danilo	20	13/03/2020	Millfield and Team Bath AS TYR
3	2:02.33	L	579	F	Maina, Monyo	18	04/07/2019	2019 Summer Championships
4	2:02.36	L	579	F	Hart, Ivan	15	24/07/2021	South West British Summer Festival (Bath) L1
5	2:12.26	L	458	F	Bifwoli, Tabuka	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	2:13.78	L	443	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
7	2:16.21	L	419	P	Onyach, Jesse	16	11/09/2019	Africa Junior Championships
8	2:17.35	L	409	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
9	* 2:20.60	L	381	F	Mwamisi, Trevor	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	* 2:20.60	L	381	F	Kanjja, Evans	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 400 Free

1	4:16.88	L	628	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	4:22.00	L	592	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	4:57.23	L	405	F	Katumwa, Siegfred	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	5:00.81	L	391	F	Mwamisi, Trevor	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	5:02.20	L	386	F	Bagha, Abdul	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	5:07.22	L	367	F	Matimu, Nathan	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	5:07.25	L	367	P	Bashir, Ishaq	16	11/09/2019	Africa Junior Championships
8	5:16.94	L	334	F	Abubakar, Riyadh	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	5:30.00	L	296	F	Kioko, Jesse	14	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	5:51.64	L	245	F	Sheikh, Hashim	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 800 Free

1	8:53.85	L	607	F	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
2	8:53.99	L	606	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
3	10:45.52	L	343	F	Bachelani, Samir	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	11:06.29	L	312	F	Werangai, Lenny	13	17/05/2019	Nairobi County Swimming Champi
5	11:13.22	L	302	F	Bashir, Ishaq	16	11/04/2019	2019 KSF Nationals Swimming Trials
6	11:35.71	L	274	F	Abubakar, Riyadh	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	11:59.31	L	248	F	Anjichi, Daryl Anambo	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	12:13.77	L	233	F	Paul, John	22	17/05/2019	Nairobi County Swimming Champi
9	12:14.79	L	232	F	Sheikh, Hashim	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	13:11.87	L	186	F	Kalombo, Michael	15	17/05/2019	Nairobi County Swimming Champi

Men 1500 Free

1	17:12.26	L	600	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
2	17:17.82	L	591	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	20:07.18	L	375	F	Katumwa, Siegfred	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	26:11.82	L	170	F	Kipkorir, Colinreece	20	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	26:30.51	L	164	F	Mwenja, Erick	23	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	26:44.97	L	159	F	Kalombo, Michael	15	17/05/2019	Nairobi County Swimming Champi
7	29:24.69	L	120	F	Amor, James	15	17/05/2019	Nairobi County Swimming Champi

Men 50 Back

1	29.49	L	539	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	29.50	L	538	P	Talib, Swaleh	21	21/08/2019	12th African Games
3	31.70	L	433	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
4	31.91	L	425	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
5	31.96	L	423	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
6	31.99	L	422	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	32.11	L	417	P	Hart, Ivan	15	29/07/2019	Swim Wales Summer Open Meet 2019
8	33.21	L	377	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
9	33.27	L	375	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
#	33.35	L	372	F	Blunsum, Carlo	15	28/11/2019	2019 CANA Zone 3 Championships

Men 100 Back

1	1:05.15	L	504	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	1:05.45	L	497	F	Talib, Swaleh	21	04/07/2019	30th Summer Universiade 2019 (FISU Games)
3	1:06.54	L	473	P	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
4	1:08.17	L	440	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
5	1:08.34	L	436	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:09.48	L	415	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
7	1:10.49	L	397	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:11.01	L	389	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
9	1:11.17	L	386	F	Blunsum, Carlo	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	1:12.24	L	369	F	Chemirmir, Kigen	21	11/04/2019	2019 KSF Nationals Swimming Trials

Men 200 Back

1	2:29.70	L	417	F	Hart, Ivan	15	13/03/2020	Millfield and Team Bath AS TYR
2	2:31.65	L	401	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
3	2:37.87	L	356	F	Shah, Rushab	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	2:37.99	L	355	F	Bifwoli, Tabuka	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	2:38.83	L	349	F	Chemirmir, Jabali	18	28/11/2019	2019 CANA Zone 3 Championships
6	2:40.72	L	337	F	Bagha, Abdul	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:41.45	L	333	F	Blunsum, Carlo	15	28/11/2019	2019 CANA Zone 3 Championships
8	2:48.61	L	292	T	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:54.41	L	264	T	Kamotho, Curtis	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	2:56.76	L	253	F	Bitok, Shawn	17	06/07/2019	The Manchester Non National Me

Men 50 Breast

1	29.84	L	657	F	Pragassa, Tory	25	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
2	31.55	L	556	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
3	31.85	L	540	F	Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
4	32.53	L	507	P	Nyoike, Stephen	18	11/09/2019	Africa Junior Championships
5	32.91	L	490	F	Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
6	33.56	L	462	F	Omar, Ibrahim	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	33.72	L	455	F	Mayende, Franklyne	22	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	33.94	L	446	F	Kioko, Paul	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	34.24	L	435	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	34.50	L	425	F	Sheikh, Mohammed	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 100 Breast

1	1:08.69	L	567	F	Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
2	1:11.69	L	499	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
3	1:12.50	L	482	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
4	1:14.55	L	444	F	Kunyiha, Kirunda	21	28/11/2019	2019 CANA Zone 3 Championships
5	1:16.50	L	411	F	Kudwoli, Haniel	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	1:16.75	L	407	F	Omar, Ibrahim	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:17.08	L	401	P	Maina, Monyo	18	07/02/2020	Edmonton Open
8	1:18.49	L	380	F	Kioko, Paul	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:20.20	L	356	F	Mugera, Munene	18	11/04/2019	2019 KSF Nationals Swimming Trials
#	1:20.32	L	355	F	Muravvej, Ameir	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 200 Breast

1	2:42.91	L	463	F	Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
2	3:00.06	L	343	F	Shah, Dhilan	17	06/07/2019	The Manchester Non National Me
3	3:00.31	L	342	F	Bachelani, Samir	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	3:01.20	L	337	F	Maywaka, Owen	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	3:02.40	L	330	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	3:03.04	L	327	F	Sheikh, Mohammed	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	3:04.87	L	317	F	Muravvej, Ameir	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
8	3:05.83	L	312	F	Mugera, Munene	18	11/04/2019	2019 KSF Nationals Swimming Trials
9	3:11.63	L	285	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials

#	3:12.88	L	279	F	Kioko, Paul	19	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 50 Fly								
1	25.66	L	653	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	26.16	L	616	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
3	26.39	L	600	P	Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
4	26.55	L	590	F	Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
5	27.10	L	554	F	Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
6	27.16	L	551	F	Maina, Monyo	18	07/08/2021	Western TransMountain Festival II
7	28.01	L	502	F	Opande, Jono Per	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	28.19	L	493	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	28.27	L	488	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
#	28.30	L	487	F	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
Men 100 Fly								
1	56.60	L	668	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	57.73	L	630	P	Mohamed, Ridhwan	21	15/01/2022	Devon County 2022 Championships / Age Groups
3	58.08	L	619	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
4	59.04	L	589	F	Maina, Monyo	18	12/02/2022	WEST COAST COLLEGIATE (LC)
5	59.42	L	578	P	Bifwoli, Tabuka	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
6	1:01.50	L	521	F	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
7	1:01.81	L	513	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
8	1:04.57	L	450	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
9	1:05.39	L	433	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
#	1:05.54	L	430	F	Onyach, Jesse	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 200 Fly								
1	2:15.04	L	551	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
2	2:19.14	L	504	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	2:27.24	L	425	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
4	2:36.34	L	355	F	Katumwa, Siegfried	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:38.80	L	339	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
6	3:16.72	L	178	F	Okech, Victor	13	17/05/2019	Nairobi County Swimming Champi
7	3:20.52	L	168	F	Shivo, Eric	16	17/05/2019	Nairobi County Swimming Champi
8	3:23.49	L	161	F	Lwanya, Warren	14	17/05/2019	Nairobi County Swimming Champi
9	3:51.60	L	109	F	Matimu, Nathan	13	17/05/2019	Nairobi County Swimming Champi
#	4:05.18	L	92	F	Michuki, Matthew	13	17/05/2019	Nairobi County Swimming Champi
Men 200 IM								
1	2:17.77	L	566	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	2:21.36	L	524	P	Talib, Swaleh	21	21/08/2019	12th African Games
3	2:23.15	L	505	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
4	2:26.29	L	473	P	Bifwoli, Tabuka	18	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:30.00	L	438	F	Nyoike, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	2:30.97	L	430	P	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
7	2:33.84	L	406	F	Katumwa, Siegfried	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	2:35.07	L	397	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:36.75	L	384	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
#	2:37.18	L	381	F	Chemirmir, Kigen	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men 400 IM								
1	4:56.87	L	554	P	Maina, Monyo	18	07/02/2020	Edmonton Open
2	5:13.68	L	469	F	Hart, Ivan	15	13/03/2020	Millfield and Team Bath AS TYR
3	5:28.22	L	410	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
4	5:47.47	L	345	F	Katumwa, Siegfried	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	6:38.98	L	228	F	Michuki, Michael	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	x6:43.96	L	219	F	Maywaka, Owen	17	17/05/2019	Nairobi County Swimming Champi
7	7:14.90	L	176	F	Mwenja, Erick	23	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	x7:23.68	L	165	F	Okech, Victor	13	17/05/2019	Nairobi County Swimming Champi