

Individual Best Times (All Time)

Jude Coleridge - (1221145) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.78	28.00	383	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
100 Freestyle	1:03.34	1:02.00	404	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
200 Freestyle	2:23.98	2:21.50	355	01/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
400 Freestyle	5:08.63	5:04.00	362	05/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Breaststroke	39.98	39.20	273	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
100 Breaststroke	1:30.62	1:29.20	247	17/03/18	City of Cardiff Tiger Bay Open Meet	Cardiff	WL180123	3
200 Breaststroke	3:22.21	3:19.60	238	18/03/18	City of Cardiff Tiger Bay Open Meet	Cardiff	WL180123	3
50 Butterfly	32.32	31.70	327	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
100 Butterfly	1:19.29	1:18.30	242	18/03/18	City of Cardiff Tiger Bay Open Meet	Cardiff	WL180123	3
50 Backstroke	33.46	32.90	348	13/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
100 Backstroke	1:13.26	1:12.20	349	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
200 Backstroke	2:39.04	2:36.90	348	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
200 Individual Medley	2:43.55	2:41.10	338	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	380	30/03/19	Shewsbury ASC Spring Sprint Meet	Wolverhampton	WM190529	3
100 Freestyle	1:01.34	1:02.70	390	30/03/19	Shewsbury ASC Spring Sprint Meet	Wolverhampton	WM190529	3
200 Freestyle	2:19.34	2:21.80	362	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Freestyle	5:00.27	5:04.90	353	06/10/18	Shrewsbury ASC Autumn Open Meet	Wolverhampton	WM181734	3
1500 Freestyle	20:58.15	21:14.50	304	24/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
50 Breaststroke	37.56	38.40	293	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Breaststroke	1:23.59	1:25.10	289	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Breaststroke	3:22.83	3:25.40	207	25/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
50 Butterfly	31.12	31.70	341	30/03/19	Shewsbury ASC Spring Sprint Meet	Wolverhampton	WM190529	3
100 Butterfly	1:13.70	1:14.70	272	05/05/19	Amman Valley Open Meet 2019	Carmarthen	WL191483	3
200 Butterfly	3:09.61	3:11.30	178	25/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
50 Backstroke	31.89	32.50	333	30/03/19	Shewsbury ASC Spring Sprint Meet	Wolverhampton	WM190529	3
100 Backstroke	1:11.16	1:12.30	313	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Backstroke	2:35.84	2:38.00	311	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Individual Medley	2:38.36	2:40.80	331	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Individual Medley	5:59.65	6:04.50	278	26/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
100 Individual Medley	1:14.76	1:14.80	286	06/10/18	Shrewsbury ASC Autumn Open Meet	Wolverhampton	WM181734	3