

Individual Best Times (All Time)

Lila Evans - (1244529) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.04	29.30	485	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Freestyle	1:14.42	1:13.30	335	03/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
400 Freestyle	6:01.89	5:58.00	275	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Breaststroke	41.05	40.30	358	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
100 Breaststroke	1:30.43	1:29.00	356	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
200 Breaststroke	3:32.73	3:30.20	270	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Butterfly	36.78	36.30	293	30/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Butterfly	1:59.36	1:58.70	100	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
50 Backstroke	35.65	35.10	427	21/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Backstroke	1:18.45	1:17.40	390	13/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	WL180555	1
200 Backstroke	2:43.85	2:41.80	424	19/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Individual Medley	3:00.96	2:58.80	338	06/07/18	Gemau Cymru Swimming Nationals	WNPS	WL181506	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.98	30.70	447	05/05/19	Amman Valley Open Meet 2019	Carmarthen	WL191483	3
100 Freestyle	1:06.78	1:08.00	426	19/10/19	Shrewsbury ASC October Sprint Meet	Wolverhampton	WM192554	3
200 Freestyle	2:34.01	2:36.30	367	07/10/18	Shrewsbury ASC Autumn Open Meet	Wolverhampton	WM181734	3
400 Freestyle	5:09.28	5:13.80	418	24/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
800 Freestyle	10:35.67	10:44.70	423	22/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
1500 Freestyle	20:38.63	20:55.20	394	07/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200039	2
50 Breaststroke	39.71	40.50	364	24/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
100 Breaststroke	1:26.32	1:27.80	377	19/10/19	Shrewsbury ASC October Sprint Meet	Wolverhampton	WM192554	3
200 Breaststroke	3:06.69	3:09.50	374	01/06/19	Swim Conwy Whitsun Meet	Llandudno	WL191520	2
50 Butterfly	33.31	33.90	392	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Butterfly	1:19.02	1:20.00	320	19/10/19	Shrewsbury ASC October Sprint Meet	Wolverhampton	WM192554	3
200 Butterfly	3:53.12	3:54.50	135	09/04/17	Swim Wales West Region No Time Gala	Haverfordwest	WL170089	3
50 Backstroke	33.78	34.40	417	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Backstroke	1:15.65	1:16.70	381	01/06/19	Swim Wales North Junior Development Meet	Llandudno	WL190034	3
200 Backstroke	2:35.70	2:37.80	445	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Individual Medley	2:51.25	2:53.50	360	10/06/18	Wrexham Cath Ankers Meet 2018	Wrexham	WL181326	3
100 Individual Medley	1:17.42	1:17.40	388	05/05/19	Amman Valley Open Meet 2019	Carmarthen	WL191483	3