

Individual Best Times (All Time)

Iestyn Carr - (1484152) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.52	33.90	222	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
100 Freestyle	1:18.29	1:17.20	214	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
50 Breaststroke	48.35	47.70	154	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
50 Butterfly	45.61	45.20	116	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
50 Backstroke	40.90	40.40	190	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
100 Backstroke	1:28.33	1:27.40	199	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.66	38.20	153	29/01/22	Nofio Sir Gar Swimming Invitational Meet	Carmarthen	WL220156	3
100 Freestyle	1:22.23	1:23.20	162	29/01/22	Nofio Sir Gar Swimming Invitational Meet	Carmarthen	WL220156	3
200 Freestyle	3:33.91	3:35.50	100	23/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
50 Breaststroke	52.40	53.00	107	29/01/22	Nofio Sir Gar Swimming Invitational Meet	Carmarthen	WL220156	3
100 Breaststroke	2:08.91	2:09.90	78	01/03/20	Swim Gwynedd Menai AA & B Grade Meet	Llandudno	WL200301	3
50 Butterfly	48.30	48.70	91	29/01/22	Nofio Sir Gar Swimming Invitational Meet	Carmarthen	WL220156	3
100 Butterfly	2:03.16	2:03.80	58	01/03/20	Swim Gwynedd Menai AA & B Grade Meet	Llandudno	WL200301	3
50 Backstroke	54.17	54.50	67	23/06/19	Swim Wales West Region Junior Development	Carmarthen	WL190041	3
100 Backstroke	1:44.39	1:45.20	99	01/03/20	Swim Gwynedd Menai AA & B Grade Meet	Llandudno	WL200301	3
200 Backstroke	3:59.94	4:01.30	85	23/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
100 Individual Medley	2:00.07	2:00.10	69	23/06/19	Swim Wales West Region Junior Development	Carmarthen	WL190041	3