

Individual Best Times (All Time)

Ffion Andrews - (841476) - Neath ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.01	29.30	486	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:04.22	1:02.90	522	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	2:20.54	2:18.00	517	21/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
400 Freestyle	4:56.31	4:51.50	501	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
50 Breaststroke	42.99	42.30	312	21/09/14	City of Cardiff Club Championships	Cardiff	WAL592	4
100 Breaststroke	1:43.42	1:42.20	238	15/06/12	Cardiff International Open Meet	Cardiff	WAL437	1
200 Breaststroke	3:41.25	3:38.80	240	20/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
50 Butterfly	33.82	33.30	376	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
50 Backstroke	35.43	34.90	435	20/09/14	City of Cardiff Club Championships	Cardiff	WAL590	4
100 Backstroke	1:15.99	1:14.90	429	19/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
200 Backstroke	2:42.87	2:40.80	432	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:44.85	2:42.40	447	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
400 Individual Medley	6:08.45	6:03.60	375	21/09/14	City of Cardiff Club Championships	Cardiff	WAL592	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	476	15/12/17	Neath ASC Club Championships 2017	Neath	WL172295	4
100 Freestyle	1:02.73	1:04.00	514	12/12/16	Neath Club Championships	Neath	WL162386	3
200 Freestyle	2:17.23	2:19.70	519	15/12/16	Neath Club Championships	Neath	WL162386	3
400 Freestyle	4:52.20	4:57.00	496	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
800 Freestyle	9:50.79	10:00.50	527	06/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
50 Breaststroke	55.11	55.70	136	15/01/11	Swansea Valley Junior Development	Neath	WAL337	3
100 Breaststroke	1:30.68	1:32.10	325	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4
200 Breaststroke	3:18.07	3:20.70	313	02/11/13	Neath Open Meet	Neath	WAL529	3
50 Butterfly	33.28	33.80	393	01/10/16	Llanelli Sprint Meet	Llanelli	WL161853	3
100 Butterfly	1:14.24	1:15.30	385	12/12/16	Neath Club Championships	Neath	WL162386	3
50 Backstroke	35.58	36.10	357	01/10/16	Llanelli Sprint Meet	Llanelli	WL161853	3
100 Backstroke	1:14.55	1:15.60	399	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4
200 Backstroke	2:38.81	2:40.90	420	11/05/14	Gloucester City L2 Open Meet	Gloucester	SW4182	2
200 Individual Medley	2:40.81	2:43.20	435	03/02/15	SWER Regional Championships	Newport	WL150526	2
100 Individual Medley	1:16.24	1:16.20	407	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4