

Individual Best Times (All Time)

Ffion Austin - (887818) - Holywell Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.61	28.90	506	02/04/18	Swim Wales LC Championships	Swansea	WL180090	1
100 Freestyle	1:02.27	1:00.90	572	01/04/18	Swim Wales LC Championships	Swansea	WL180090	1
200 Freestyle	2:20.95	2:18.50	513	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
400 Freestyle	5:11.02	5:06.50	433	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
800 Freestyle	10:23.82	10:14.50	469	31/03/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
50 Breaststroke	36.93	36.10	492	30/03/18	Swim Wales LC Championships	Swansea	WL180090	1
100 Breaststroke	1:22.60	1:21.10	467	02/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Breaststroke	3:00.43	2:57.50	443	02/04/18	Swim Wales LC Championships	Swansea	WL180090	1
50 Butterfly	32.70	32.10	416	29/02/20	City of Liverpool SC Splash & Dash	Wavertree	NW200341	3
100 Butterfly	1:09.71	1:08.60	504	30/03/18	Swim Wales LC Championships	Swansea	WL180090	1
200 Butterfly	2:40.68	2:38.70	435	25/03/18	Stockport Metro National Qualification Meet 2018	Stockport	NW180652	1
50 Backstroke	34.65	34.10	465	29/02/20	City of Liverpool SC Splash & Dash	Wavertree	NW200341	3
100 Backstroke	1:15.79	1:14.70	432	01/04/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
200 Backstroke	2:41.80	2:39.70	440	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Individual Medley	2:33.20	2:30.60	557	02/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
400 Individual Medley	5:32.50	5:27.20	511	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	NW171061	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.84	29.60	502	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Freestyle	1:01.08	1:02.40	556	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Freestyle	2:15.39	2:17.90	540	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
400 Freestyle	4:47.96	4:52.80	518	08/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
800 Freestyle	10:06.76	10:16.20	487	13/01/18	Holywell ASC Valentine Meet	Holywell	WL180087	2
50 Breaststroke	36.68	37.50	462	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Breaststroke	1:20.11	1:21.70	471	07/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Breaststroke	2:50.72	2:53.80	489	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
50 Butterfly	31.28	31.90	473	07/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Butterfly	1:08.26	1:09.40	496	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Butterfly	2:35.61	2:37.60	454	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
50 Backstroke	33.03	33.60	446	03/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Backstroke	1:10.23	1:11.40	477	30/06/18	Holywell Summer Sprints	Holywell	WL181400	3
200 Backstroke	2:33.97	2:36.10	460	05/02/17	Swim Wales North Regional Championships	Llandudno	WL170077	2
200 Individual Medley	2:30.78	2:33.40	527	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
400 Individual Medley	5:25.01	5:30.40	505	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Individual Medley	1:10.96	1:11.00	505	28/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2