

Individual Best Times (All Time)

Talesia Janes - (904271) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.25	29.60	475	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
100 Freestyle	1:08.49	1:07.30	430	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Freestyle	2:31.67	2:29.40	411	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
400 Freestyle	5:21.26	5:16.90	393	05/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
800 Freestyle	11:40.44	11:32.10	331	12/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
50 Breaststroke	43.02	42.30	311	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
100 Breaststroke	1:35.35	1:34.00	304	11/04/15	City of Wells Open Meet	Millfield	SW150093	3
50 Butterfly	34.38	33.80	358	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Butterfly	1:18.56	1:17.60	352	05/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
200 Butterfly	3:06.20	3:04.50	279	09/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
50 Backstroke	38.36	37.80	343	25/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
100 Backstroke	1:21.16	1:20.20	352	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
200 Backstroke	2:57.60	2:55.70	333	22/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
200 Individual Medley	2:50.14	2:47.80	407	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
400 Individual Medley	6:18.35	6:13.70	346	10/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.39	30.10	474	04/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
100 Freestyle	1:05.48	1:06.70	451	31/01/16	Swim Wales West Regional Championships	Haverfordwest	WL160033	2
200 Freestyle	2:25.36	2:27.70	437	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
400 Freestyle	5:14.52	5:19.00	397	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
800 Freestyle	11:12.56	11:21.10	357	30/11/13	West Wales Sub Regional Championships	Haverfordwest	WAL535	4
50 Breaststroke	44.26	45.00	263	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL151213	3
100 Breaststroke	1:33.86	1:35.20	293	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
200 Breaststroke	3:18.99	3:21.60	309	29/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL151213	3
50 Butterfly	35.23	35.80	331	17/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
100 Butterfly	1:16.15	1:17.10	357	09/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
200 Butterfly	2:56.88	2:58.70	309	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
50 Backstroke	34.85	35.40	380	30/01/16	Swim Wales West Regional Championships	Haverfordwest	WL160033	2
100 Backstroke	1:16.53	1:17.60	368	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
200 Backstroke	2:43.90	2:45.90	382	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
200 Individual Medley	2:44.41	2:46.80	407	08/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
400 Individual Medley	5:57.58	6:02.50	379	01/06/14	Amman Valley Open Meet 2014	Carmathen	WAL571	2
100 Individual Medley	1:25.91	1:25.90	284	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4