

Individual Best Times (All Time)

Iestyn Watson - (934038) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.47	30.80	293	04/07/15	Cardiff Bay Sprint Meet	Cardiff	WL150514	3
100 Freestyle	1:15.96	1:14.80	234	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Freestyle	2:43.12	2:41.00	244	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
50 Breaststroke	44.26	43.50	201	04/07/15	Cardiff Bay Sprint Meet	Cardiff	WL150514	3
100 Breaststroke	2:00.02	1:59.00	106	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
50 Butterfly	40.13	39.70	170	04/07/15	Cardiff Bay Sprint Meet	Cardiff	WL150514	3
50 Backstroke	40.98	40.50	189	04/07/15	Cardiff Bay Sprint Meet	Cardiff	WL150514	3
100 Backstroke	1:31.38	1:30.50	180	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
200 Backstroke	3:07.11	3:05.30	214	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Individual Medley	3:11.14	3:09.10	212	04/07/15	Cardiff Bay Sprint Meet	Cardiff	WL150514	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.37	33.00	241	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Freestyle	1:07.52	1:08.70	292	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
200 Freestyle	2:34.29	2:36.50	267	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
50 Breaststroke	57.65	58.20	81	14/04/12	City of Bangor Diddy Meet	Bangor	WAL424	4
100 Breaststroke	1:35.05	1:36.40	196	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
200 Breaststroke	3:36.29	3:38.70	171	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
50 Butterfly	44.84	45.30	114	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Butterfly	1:28.01	1:28.90	160	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
50 Backstroke	40.94	41.40	157	24/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Backstroke	1:21.78	1:22.80	206	24/05/15	Amman Valley Open Meet 2015	Carmarthen	WL150854	2
200 Backstroke	3:08.66	3:10.40	175	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
200 Individual Medley	2:57.47	2:59.70	235	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
100 Individual Medley	1:31.18	1:31.20	157	08/06/13	Wrexham Cath Ankers Meet 2013	Wrexham	WAL503	3