

Individual Best Times (Last 12 Months)

Peni Macy - (1427551) - Aberystwyth and District Swimmin

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.87	33.20	338	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Freestyle	1:15.54	1:14.40	320	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
200 Freestyle	2:46.83	2:44.70	309	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	39.94	39.40	304	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	1:26.66	1:25.70	289	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.02	33.60	334	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Freestyle	1:12.52	1:13.70	332	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Freestyle	2:38.54	2:40.70	336	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
50 Breaststroke	50.92	51.50	172	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3
50 Backstroke	39.53	40.00	260	24/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Backstroke	1:22.96	1:23.90	289	26/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Individual Medley	3:11.31	3:13.40	258	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:29.12	1:29.10	254	02/07/23	Holywell ASC Summer Sprint 2023	Holywell	WL230621	3