

Individual Best Times (All Time)

Elise Aherne - (1379713) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.13	34.50	303	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Freestyle	1:17.99	1:16.90	291	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Freestyle	2:49.57	2:47.50	294	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
400 Freestyle	5:43.72	5:39.60	321	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
50 Breaststroke	51.15	50.50	185	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Breaststroke	1:50.57	1:49.40	195	12/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3
200 Breaststroke	3:47.01	3:44.70	222	21/11/21	City of Cardiff Keith Bewley Memorial Open	Cardiff	WL210959	3
50 Butterfly	37.00	36.50	287	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Butterfly	1:25.88	1:25.00	269	11/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3
200 Butterfly	3:18.01	3:16.40	232	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
50 Backstroke	41.73	41.20	266	09/07/22	Cardiff Bay Sprint Meet 2022	Cardiff	WL220125	3
100 Backstroke	1:32.42	1:31.50	238	12/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3
200 Backstroke	3:16.97	3:15.30	244	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Individual Medley	3:07.90	3:05.80	302	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
400 Individual Medley	6:36.76	6:32.30	300	12/06/22	Torfaen Dolphins Long Course	Cardiff	WL220739	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.42	36.00	271	23/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
100 Freestyle	1:15.76	1:16.90	291	22/10/22	Greater Gwent Fast Water Open	Newport	WL220808	2
200 Freestyle	2:43.34	2:45.50	308	01/05/22	City of Newport S&WPC Spring Open Meet 2022	Newport	WL220477	2
400 Freestyle	5:41.90	5:46.00	309	24/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
50 Breaststroke	52.16	52.80	160	14/12/20	Swim Wales Super Series - Round 3, Session 1	Swansea	LYX007	0
100 Breaststroke	1:42.05	1:43.30	228	24/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
50 Butterfly	36.06	36.60	309	11/02/23	South East Wales Regional Championships	Newport	WL230671	2
100 Butterfly	1:24.99	1:25.90	257	23/09/23	Co Cardiff Club Championships 2023	Cardiff	WL230623	3
200 Butterfly	3:07.44	3:09.10	259	30/04/22	City of Newport S&WPC Spring Open Meet 2022	Newport	WL220477	2
50 Backstroke	46.73	47.20	157	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0
100 Backstroke	1:33.31	1:34.20	203	24/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
200 Backstroke	3:10.83	3:12.60	242	25/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
200 Individual Medley	3:02.24	3:04.40	298	23/10/22	Greater Gwent Fast Water Open	Newport	WL220808	2
400 Individual Medley	6:36.53	6:40.90	278	25/09/22	City of Cardiff Club Championships	Cardiff	WL220742	3
100 Individual Medley	1:46.61	1:46.60	148	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0