

Individual Best Times (All Time)

Grace Brady - (1386755) - Rhondda Cynon Taf Performance Sw

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.89	31.20	405	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	1:08.53	1:07.30	429	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Freestyle	2:28.16	2:25.80	441	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
400 Freestyle	5:12.76	5:08.20	426	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
800 Freestyle	10:44.03	10:35.00	426	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
50 Breaststroke	42.59	41.80	320	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
100 Breaststroke	1:28.40	1:27.00	381	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
50 Butterfly	36.64	36.10	296	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
100 Butterfly	1:20.31	1:19.40	329	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
200 Butterfly	2:59.81	2:58.00	310	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Backstroke	41.08	40.60	279	15/10/22	Neath ASC Open Meet	Swansea	WL221006	3
100 Backstroke	1:47.11	1:46.40	153	04/01/20	RCT New Year Open Meet	Cardiff	WL200386	3
200 Backstroke	3:47.42	3:45.90	158	04/01/20	RCT New Year Open Meet	Cardiff	WL200386	3
200 Individual Medley	2:52.36	2:50.10	391	11/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff	WL240021	1
400 Individual Medley	5:50.64	5:45.60	435	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.37	32.00	390	19/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Freestyle	1:08.53	1:09.70	394	19/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
200 Freestyle	2:27.70	2:30.00	416	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
400 Freestyle	5:09.41	5:13.90	417	26/11/23	Swim Wales Regional SC Championships - SE 2023	Newport	WL232011	2
800 Freestyle	10:42.81	10:51.80	409	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Breaststroke	41.47	42.20	320	30/04/23	Spring Open Meet 2023	Newport	WL230128	2
100 Breaststroke	1:28.00	1:29.40	355	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
50 Butterfly	36.28	36.80	303	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Butterfly	1:20.42	1:21.40	303	30/04/23	Spring Open Meet 2023	Newport	WL230128	2
50 Backstroke	38.45	39.00	283	12/02/23	South East Wales Regional Championships	Newport	WL230671	2
100 Backstroke	1:24.85	1:25.80	270	24/09/23	RCT Club Championships 2023	Rhondda	WL231999	3
200 Backstroke	3:41.16	3:42.70	155	08/03/20	RCT Grand Prix Meet	Rhondda SC	WL200187	3
200 Individual Medley	2:48.70	2:51.00	376	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
100 Individual Medley	1:37.16	1:37.20	196	12/07/21	Swim Wales Super Series 2021 - Round 3, Session 1	Swansea	LYX016	0