

Individual Best Times (All Time)

Summer Best - (910837) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.26	29.60	474	19/05/18	City of Sheffield Swim Squad No Frills 2018	Sheffield	NE180163	3
100 Freestyle	1:07.60	1:06.40	447	20/05/18	City of Sheffield Swim Squad No Frills 2018	Sheffield	NE180163	3
200 Freestyle	2:30.17	2:27.80	424	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
50 Breaststroke	35.30	34.40	563	30/03/18	Swim Wales LC Championships	Swansea	WL180090	1
100 Breaststroke	1:17.53	1:15.90	565	02/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Breaststroke	2:49.78	2:46.60	531	31/07/17	Swim Wales Summer Nationals	Swansea	WL170074	1
50 Butterfly	32.55	32.00	422	20/05/18	City of Sheffield Swim Squad No Frills 2018	Sheffield	NE180163	3
100 Butterfly	1:17.23	1:16.20	370	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Individual Medley	2:47.57	2:45.20	426	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.14	30.80	440	29/09/18	Swim Conway Invitational Meet	Llandudno	WL181740	3
100 Freestyle	1:05.74	1:07.00	446	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
200 Freestyle	2:23.63	2:26.00	453	28/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
50 Breaststroke	35.07	36.00	529	28/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
100 Breaststroke	1:16.83	1:18.50	534	24/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
200 Breaststroke	2:48.27	2:51.40	511	23/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
50 Butterfly	32.85	33.40	408	27/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
100 Butterfly	1:14.95	1:16.00	375	23/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
200 Butterfly	2:53.80	2:55.60	325	24/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
50 Backstroke	35.74	36.30	352	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2
100 Backstroke	1:16.68	1:17.70	366	24/09/17	Swim Conwy Closed Invitational Meet	Llandudno	WL171456	3
200 Backstroke	3:17.08	3:18.80	219	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Individual Medley	2:41.04	2:43.50	433	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
400 Individual Medley	5:58.03	6:02.90	378	29/09/18	Swim Conway Invitational Meet	Llandudno	WL181740	3
100 Individual Medley	1:26.87	1:26.90	275	23/03/14	Wrexham Crystal Meet	Wrexham	WAL554	3