Individual Best Times (All Time)

Coel Alford - (951958) - City Of Newport Swimming & Water

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.01	34.40	213	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
100 Freestyle	1:17.15	1:16.10	224	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
50 Breaststroke	51.35	50.70	129	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
100 Breaststroke	1:50.30	1:49.10	137	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
50 Butterfly	40.45	40.00	166	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
50 Backstroke	45.04	44.60	142	12/07/14	Cardiff Bay Sprint Meet 2014	Cardiff	WAL582	1
200 Individual Medley	3:18.63	3:16.60	189	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.25	40.80	125	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
100 Freestyle	1:17.23	1:18.30	195	05/10/14	City of Newport Club Championships	Newport	WAL599	4
50 Breaststroke	52.55	53.10	107	19/10/13	Greater Gwent Fast Water Meet Level 4	Newport	WAL525	4
100 Breaststroke	1:45.45	1:46.60	144	05/10/14	City of Newport Club Championships	Newport	WAL599	4
50 Butterfly	53.92	54.30	65	30/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
100 Butterfly	1:41.27	1:42.00	105	04/10/14	City of Newport Club Championships	Newport	WAL599	4
100 Backstroke	1:35.71	1:36.50	128	04/10/14	City of Newport Club Championships	Newport	WAL599	4
200 Individual Medley	3:17.89	3:19.90	170	04/10/14	City of Newport Club Championships	Newport	WAL599	4
100 Individual Medley	1:41.46	1:41.50	114	20/10/13	Greater Gwent Fast Water Meet Level 4	Newport	WAL525	4