

Individual Best Times (All Time)

Tomos Watson - (524981) - Aberystwyth

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	28.45	397	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
100 Freestyle	1:01.23	449	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Freestyle	2:19.50	390	31/03/12	3 Towers Open Meet	Millfield	SW2174	3
400 Freestyle	4:58.04	402	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
50 Breaststroke	48.60	152	29/05/10	Avalon Sprint Open Meet	Millfield	SW0216	3
100 Breaststroke	1:27.70	276	07/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
200 Breaststroke	3:12.75	283	06/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
50 Butterfly	30.46	390	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
100 Butterfly	1:07.67	399	07/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
200 Butterfly	2:36.69	360	28/10/12	3 Towers Open Meet	Millfield School	SW2507	3
50 Backstroke	33.56	365	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
100 Backstroke	1:10.91	390	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Backstroke	2:37.26	360	27/10/13	3 Towers Open Meet	Millfield	SW3627	3
200 Individual Medley	2:34.13	404	28/10/12	3 Towers Open Meet	Millfield School	SW2507	3
400 Individual Medley	5:34.49	387	26/10/13	3 Towers Open Meet	Millfield	SW3627	3

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	27.94	381	08/02/14	West Wales Regional Championships	Haverfordwest	WAL547	2
100 Freestyle	58.75	447	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
200 Freestyle	2:14.08	407	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
400 Freestyle	5:01.63	348	10/02/13	West Wales Championships	Haverfordwest	WAL474	2
800 Freestyle	11:19.32	278	06/12/09	West Wales Sub Regional Mt	Penlan	WAL267	4
1500 Freestyle	20:51.98	310	04/12/10	West Wales Sub Regional	Penlan	WAL329	4
50 Breaststroke	38.99	271	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Breaststroke	1:25.08	279	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
200 Breaststroke	3:05.90	271	12/02/11	West Wales Regional Championships	Haverfordwest	WAL341	2
50 Butterfly	30.47	366	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4
100 Butterfly	1:06.03	386	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4
200 Butterfly	2:32.23	362	10/02/13	West Wales Championships	Haverfordwest	WAL474	2
50 Backstroke	32.31	325	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Backstroke	1:06.81	392	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
200 Backstroke	2:36.68	306	25/06/11	Torfaen Open Meet	Newport	WAL368	2
200 Individual Medley	2:28.29	404	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
400 Individual Medley	5:25.15	379	04/12/11	West Wales Sub Regional Competition	Haverfordwest	WAL397	4
100 Individual Medley	1:13.10	325	01/10/11	Llanelli Autumn Meet 2011	Llanelli	WAL380	4