

Individual Best Times (All Time)

Isaac Antwhistle - (1601422) - City of Swansea Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.17	34.60	210	19/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
100 Freestyle	1:16.24	1:15.10	232	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
200 Freestyle	2:43.92	2:41.80	240	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
50 Breaststroke	50.86	50.20	132	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Breaststroke	1:48.03	1:46.90	145	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
200 Breaststroke	3:32.17	3:29.70	206	18/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
50 Butterfly	48.72	48.30	95	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230113	3
100 Butterfly	1:38.07	1:37.30	128	19/05/24	Tiger Bay Open Meet 2024	Cardiff	WL240162	3
50 Backstroke	40.87	40.40	191	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Backstroke	1:32.40	1:31.50	174	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
200 Backstroke	2:57.80	2:55.90	249	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Individual Medley	3:14.07	3:12.00	202	10/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.96	37.50	162	29/04/23	Spring Open Meet 2023	Newport	WL230128	2
100 Freestyle	1:20.48	1:21.50	172	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Freestyle	2:51.18	2:53.20	195	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
50 Breaststroke	48.14	48.80	139	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Breaststroke	1:45.16	1:46.40	145	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Breaststroke	3:48.91	3:51.20	144	01/10/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
50 Butterfly	45.03	45.50	112	28/10/23	Neath ASC Open Meet	Swansea	WL231885	3
100 Butterfly	1:47.96	1:48.70	86	30/09/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
50 Backstroke	41.85	42.30	147	29/04/23	Spring Open Meet 2023	Newport	WL230128	2
100 Backstroke	1:31.09	1:32.00	149	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Backstroke	3:09.70	3:11.50	172	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
200 Individual Medley	3:12.48	3:14.50	184	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
100 Individual Medley	1:42.28	1:42.30	111	11/12/22	Carmarthen Christmas Open Meet 2022	Carmarthen	WL220454	3