

Individual Best Times (All Time)

April Allen - (212924) - Pembrokeshire County Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.50	27.80	568	07/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Freestyle	1:01.23	59.90	602	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Freestyle	2:13.95	2:11.30	597	09/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
400 Freestyle	4:42.05	4:37.00	581	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
800 Freestyle	10:07.21	9:57.60	508	29/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
50 Breaststroke	37.22	36.40	480	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Breaststroke	1:22.90	1:21.40	462	11/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
50 Butterfly	30.39	29.80	519	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Butterfly	1:15.08	1:14.10	403	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
50 Backstroke	33.71	33.10	505	04/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
200 Individual Medley	2:33.40	2:30.80	555	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.88	28.60	556	22/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Freestyle	1:00.51	1:01.90	572	01/02/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Freestyle	2:12.60	2:15.20	575	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
400 Freestyle	4:40.52	4:45.50	560	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
800 Freestyle	9:47.10	9:56.90	537	29/01/16	Swim Wales West Regional Championships	Haverfordwest	WL160033	2
50 Breaststroke	36.30	37.20	477	18/10/15	Swim Swansea Club Championships	Swansea	WL151626	3
100 Breaststroke	1:20.99	1:22.50	456	19/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
200 Breaststroke	2:56.06	2:59.00	446	11/09/16	Swansea Aquatics Club Championships	Penlan	WL161406	3
50 Butterfly	30.84	31.40	494	10/09/16	Swansea Aquatics Club Championships	Penlan	WL161406	3
100 Butterfly	1:11.01	1:12.10	440	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Butterfly	2:40.46	2:42.40	414	10/09/16	Swansea Aquatics Club Championships	Penlan	WL161406	3
50 Backstroke	32.82	33.40	455	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
100 Backstroke	1:10.79	1:11.90	466	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
200 Individual Medley	2:32.68	2:35.20	508	17/10/14	Swim Swansea Club Championships	Penlan	WAL602	4
400 Individual Medley	5:18.50	5:24.00	537	27/02/16	Llanelli Open Meet 2016	Llanelli	WL160498	2
100 Individual Medley	1:22.86	1:22.90	317	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4