

Individual Best Times (All Time)

Donovan Mcantagart - (1168581) - Cardiff Metropolitan University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.80	25.00	532	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	SE160111	1
100 Freestyle	56.00	54.50	585	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Freestyle	2:04.41	2:01.60	551	17/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
400 Freestyle	4:21.09	4:15.70	598	14/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
50 Breaststroke	29.96	28.90	649	18/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
100 Breaststroke	1:05.82	1:03.90	645	19/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
200 Breaststroke	2:26.52	2:22.90	628	28/03/16	Swim Wales Long Course Championships	Swansea	WL160019	1
50 Butterfly	27.18	26.50	550	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1
100 Butterfly	1:03.75	1:02.50	466	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Individual Medley	2:15.29	2:12.40	598	27/03/16	Swim Wales Long Course Championships	Swansea	WL160019	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.65	25.50	547	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Freestyle	54.65	56.20	552	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
200 Freestyle	2:00.37	2:03.20	562	06/12/14	ASA South West Region Short Course Champs	Millfield	SWR427	2
400 Freestyle	4:24.08	4:29.30	519	05/10/13	City of Plymouth Annual Swim Meet	Plymouth	SW3733	3
50 Breaststroke	28.98	30.00	638	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Breaststroke	1:02.93	1:04.90	677	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
200 Breaststroke	2:21.40	2:25.10	613	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
50 Butterfly	27.17	27.90	512	30/01/16	Swim Wales South East Regional Championships	Newport	WL160028	2
100 Butterfly	1:00.76	1:02.00	486	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
200 Individual Medley	2:11.63	2:14.60	577	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Individual Medley	59.54	59.50	567	21/01/15	Devon County 2015 Championships	Plymouth	CC150276	2