

Individual Best Times (All Time)

Michael Wood - (138864) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.04	26.30	462	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Freestyle	1:00.00	58.60	476	26/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Freestyle	2:13.68	2:11.10	444	24/07/12	Welsh Summer National 2012	Swansea	WAL445	1
800 Freestyle	10:20.54	10:11.10	386	02/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
1500 Freestyle	19:59.30	19:42.00	383	04/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
50 Breaststroke	35.70	34.80	384	21/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Breaststroke	1:17.17	1:15.50	400	06/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
200 Breaststroke	2:54.06	2:51.00	374	08/08/10	BG Wales Summer Nationals	Swansea	WAL311	1
100 Butterfly	1:13.48	1:12.40	304	25/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Backstroke	1:11.10	1:10.00	382	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Individual Medley	2:31.18	2:28.60	428	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.63	27.40	433	12/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
100 Freestyle	58.34	59.80	454	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Freestyle	2:11.25	2:13.90	433	12/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL343	2
400 Freestyle	4:40.65	4:45.60	432	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
800 Freestyle	9:53.38	10:03.00	417	07/02/10	Swim Wales North Regional	Llandudno	WAL282	1
1500 Freestyle	18:37.49	18:55.80	435	09/02/10	Swim Wales North Regional	Llandudno	WAL282	1
50 Breaststroke	40.45	41.20	234	27/06/09	Bangor Summer Open	Bangor	WAL243	2
100 Breaststroke	1:16.39	1:18.00	378	25/02/12	Menai AA & B Grade Meet	Bangor	WAL415	4
200 Breaststroke	2:45.67	2:48.80	381	05/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
50 Butterfly	44.46	44.90	117	19/04/08	Menai Diddy Gala	Bangor	WAL189	4
100 Butterfly	1:10.46	1:11.50	311	25/02/12	Menai AA & B Grade Meet	Bangor	WAL415	4
50 Backstroke	43.52	44.00	131	19/04/08	Menai Diddy Gala	Bangor	WAL189	4
100 Backstroke	1:09.64	1:10.80	334	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Backstroke	2:28.58	2:30.80	359	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Individual Medley	2:30.62	2:33.20	385	25/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
100 Individual Medley	1:29.05	1:29.10	169	14/06/08	Cath Ankers B Grade Meet	Wrexham	WAL192	2