

Individual Best Times (All Time)

Ffion Adamson - (1411871) - Chirk Dragons

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.35	32.70	354	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Breaststroke	46.01	45.30	254	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Backstroke	1:28.62	1:27.70	270	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Backstroke	3:08.87	3:07.10	277	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.37	33.00	355	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:14.56	1:15.70	306	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Breaststroke	44.49	45.20	259	19/03/23	Swim Conwy Spring Meet 2023	Llandudno	WL230458	3
100 Breaststroke	1:38.63	1:39.90	252	26/11/22	Swim Wales North Sub Regionals 2022	Llandudno	WL222523	3
50 Backstroke	37.97	38.50	294	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:21.11	1:22.10	309	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Backstroke	3:00.72	3:02.60	285	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Individual Medley	1:37.87	1:37.90	192	12/07/21	Swim Wales Super Series 2021 - Round 3, Session 1	Swansea	LYX016	0