

Individual Best Times (All Time)

Erin Jones - (1413509) - Wrexham Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.88	31.20	406	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:09.83	1:08.60	406	20/05/23	North Wales Race Meet 2023	Liverpool	WL231346	1
200 Freestyle	2:31.52	2:29.20	413	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
400 Freestyle	5:23.52	5:19.10	385	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Breaststroke	46.04	45.30	254	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Butterfly	34.24	33.70	363	09/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Butterfly	1:20.31	1:19.40	329	04/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
50 Backstroke	36.09	35.50	412	09/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Backstroke	1:20.65	1:19.60	359	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Backstroke	2:47.01	2:45.00	400	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Individual Medley	2:54.94	2:52.70	374	11/02/24	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	30.93	31.60	407	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Freestyle	1:07.11	1:08.30	419	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Freestyle	2:25.09	2:27.50	439	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
400 Freestyle	5:08.48	5:13.00	421	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
50 Breaststroke	44.31	45.00	262	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Breaststroke	1:35.55	1:36.90	277	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Breaststroke	4:26.35	4:28.30	128	23/11/19	Swim Wales North Sub Regional Championships	Llandudno	WL190045	3
50 Butterfly	34.12	34.70	364	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Butterfly	1:15.47	1:16.50	367	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Butterfly	2:58.54	3:00.30	300	18/03/23	Swim Conwy Spring Meet 2023	Llandudno	WL230458	3
50 Backstroke	34.68	35.30	385	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Backstroke	1:13.71	1:14.80	412	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
200 Backstroke	2:40.84	2:42.90	404	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Individual Medley	2:49.50	2:51.80	371	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:23.61	1:23.60	308	12/06/22	Wrexham Swimming Club Cath Ankers Meet 2022	Wrexham	WL221393	3