

Individual Best Times (All Time)

Finley Phillips - (1418047) - Nofio Sir Gar

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.78	28.00	383	09/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
100 Freestyle	1:02.45	1:01.10	422	09/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
200 Freestyle	2:34.11	2:31.80	289	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230736	1
400 Freestyle	5:31.73	5:27.50	291	05/08/22	Swim Wales Summer Open 2022	Swansea	WL220741	1
1500 Freestyle	21:40.39	21:24.40	300	19/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
50 Breaststroke	33.59	32.60	461	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Breaststroke	1:13.35	1:11.60	466	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Breaststroke	2:39.39	2:36.00	487	27/05/24	AP Race International 2024	London	GBR2389	1
50 Butterfly	30.40	29.80	393	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
100 Butterfly	1:51.05	1:50.40	88	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
50 Backstroke	32.18	31.60	391	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:08.50	1:07.30	427	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Backstroke	2:29.80	2:27.60	417	09/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
200 Individual Medley	2:32.35	2:29.70	418	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
400 Individual Medley	5:19.60	5:14.10	436	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	324	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Freestyle	1:03.49	1:04.80	352	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
200 Freestyle	2:15.98	2:18.50	390	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	5:00.35	5:05.00	352	21/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
800 Freestyle	10:39.87	10:48.90	332	10/02/23	West Regional Championships 2023	Carmarthen	WL230120	2
50 Breaststroke	33.82	34.70	401	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:13.79	1:15.50	420	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
200 Breaststroke	2:37.21	2:40.50	446	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
50 Butterfly	31.59	32.20	326	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Butterfly	1:12.72	1:13.80	283	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Backstroke	33.34	33.90	291	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
100 Backstroke	1:10.60	1:11.70	320	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Backstroke	2:29.95	2:32.20	349	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Individual Medley	2:29.59	2:32.20	393	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
400 Individual Medley	5:25.86	5:31.20	374	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Individual Medley	1:15.76	1:15.80	275	26/02/23	Llanelli ASC Open Meet 2023	Llanelli	WL230123	3