

Individual Best Times (All Time)

James Aylen - (1441608) - Bridgend County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.38	28.70	360	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
100 Freestyle	1:04.74	1:03.40	379	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
200 Freestyle	2:27.73	2:25.40	329	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
400 Freestyle	5:22.96	5:18.60	316	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
50 Breaststroke	53.30	52.70	115	04/01/20	RCT New Year Open Meet	Cardiff	WL200386	3
100 Breaststroke	1:37.80	1:36.50	196	09/08/21	Swansea Festival of Swimming 2021	Swansea	WL210539	1
200 Breaststroke	4:17.38	4:15.30	115	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	WL191595	3
50 Butterfly	33.37	32.80	297	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
50 Backstroke	32.10	31.50	394	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Backstroke	1:09.11	1:07.90	416	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Backstroke	2:26.98	2:24.70	441	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Individual Medley	3:00.35	2:58.10	252	09/08/21	Swansea Festival of Swimming 2021	Swansea	WL210539	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.86	28.60	378	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Freestyle	1:02.45	1:03.80	370	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
200 Freestyle	2:24.83	2:27.20	322	02/10/22	Bridgend County SS Club Championships Oct 22	Aberavon	WL221498	3
800 Freestyle	13:54.64	14:01.60	149	29/09/19	Bridgend County Swim Squad Club Championships	Aberavon	WL192316	3
50 Breaststroke	42.00	42.70	209	13/02/22	Swim Wales South East Regional Championships 2022	Newport	WL220194	2
100 Breaststroke	1:31.37	1:32.70	221	13/02/22	Swim Wales South East Regional Championships 2022	Newport	WL220194	2
200 Breaststroke	3:57.28	3:59.50	129	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
50 Butterfly	31.58	32.20	326	19/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Butterfly	1:41.05	1:41.80	105	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0
50 Backstroke	31.05	31.70	361	22/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
100 Backstroke	1:05.78	1:07.00	396	21/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
200 Backstroke	2:20.22	2:22.60	427	19/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
200 Individual Medley	2:37.60	2:40.10	336	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
100 Individual Medley	1:15.15	1:15.20	281	02/10/22	Bridgend County SS Club Championships Oct 22	Aberavon	WL221498	3