

# Individual Best Times (All Time)

## Roy Sterling - (146663) - Llandudno Swimming

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.25	24.40	567	01/04/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
100 Freestyle	55.69	54.20	595	30/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
200 Freestyle	2:05.59	2:02.80	535	06/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
400 Freestyle	5:30.85	5:26.60	294	05/04/07	WASA Age & Youth Champs	Swansea	WAL142	1
800 Freestyle	11:32.35	11:23.90	278	15/12/06	WASA Winter Long Course	Swansea	WAL129	1
1500 Freestyle	21:45.56	21:29.60	296	05/04/07	WASA Age & Youth Champs	Swansea	WAL142	1
50 Breaststroke	30.02	29.00	645	02/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
100 Breaststroke	1:06.51	1:04.60	625	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Breaststroke	2:28.58	2:25.00	602	17/07/12	BG ASA National Youth Championships 2012	Sheffield	ASA119	1
50 Butterfly	30.16	29.50	402	03/10/10	Robin Hood 30th Open Meet	Sheffield	EM0277	1
100 Butterfly	1:05.43	1:04.30	431	25/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
50 Backstroke	33.93	33.30	334	02/07/10	Cardiff International Open	Cardiff	WAL307	1
100 Backstroke	1:10.65	1:09.50	389	14/12/12	BG Swim Wales National Champs & Disability	Swansea	WAL468	1
200 Individual Medley	2:24.37	2:21.60	492	18/12/11	British Gas Swim Wales Winter Open Champs	Swansea	WAL402	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.70	25.50	543	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Freestyle	55.59	57.10	524	11/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
200 Freestyle	2:01.97	2:04.80	540	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
400 Freestyle	4:23.32	4:28.60	523	11/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
1500 Freestyle	24:44.87	24:58.70	185	18/02/06	North Wales Area Champs	Various	WAL102	2
50 Breaststroke	30.48	31.50	548	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Breaststroke	1:06.42	1:08.30	576	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Breaststroke	2:26.14	2:29.70	555	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
50 Butterfly	41.72	42.20	141	08/07/06	Holywell Sprint Meet	Holywell	WAL112	3
100 Butterfly	1:04.22	1:05.40	411	05/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
200 Butterfly	2:42.09	2:44.00	286	05/12/09	North Sub Regional Champ	Llandudno	WAL270	4
50 Backstroke	41.31	41.80	153	07/07/07	Holywell Summer Sprints	Holywell	WAL154	3
100 Backstroke	1:07.86	1:09.00	361	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Backstroke	2:27.03	2:29.30	370	06/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
200 Individual Medley	2:19.27	2:22.10	487	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
400 Individual Medley	5:03.42	5:09.20	463	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
100 Individual Medley	1:13.05	1:13.10	307	27/06/09	Bangor Summer Open	Bangor	WAL243	2