

Individual Best Times (All Time)

Jack Rees - (147500) - Haverfordwest

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.05	27.30	414	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Freestyle	1:02.18	1:00.80	428	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Butterfly	1:08.79	1:07.70	371	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.79	28.50	381	24/11/12	West Wales Sub Regional Competition 2012	Haverfordwest	WAL464	4
100 Freestyle	59.54	1:00.90	427	09/02/13	West Wales Championships	Haverfordwest	WAL474	2
200 Freestyle	2:11.82	2:14.40	428	03/02/13	West Wales Championships	Haverfordwest	WAL473	2
400 Freestyle	4:46.37	4:51.20	407	10/02/13	West Wales Championships	Haverfordwest	WAL474	2
50 Butterfly	29.46	30.10	402	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
100 Butterfly	1:07.92	1:09.00	348	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	WL182338	2
200 Butterfly	2:42.52	2:44.50	284	29/09/13	Pembrokeshire County Championships	Haverfordwest	SCO761	4
200 Individual Medley	2:31.56	2:34.10	378	03/02/13	West Wales Championships	Haverfordwest	WAL473	2
400 Individual Medley	5:31.23	5:36.50	356	21/10/12	Pembrokeshire County Swimming Champs	Haverfordwest	WAL456	4