

Individual Best Times (All Time)

Gruffudd Gray - (1481541) - City of Swansea Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.61	35.00	202	26/06/22	Swim Wales Welsh Development (Youth Panel) 2022	Swansea	WL220740	3
100 Freestyle	1:15.18	1:14.10	242	02/07/23	Keith Bewley Memorial Open Meet 2023	Cardiff	WL230297	3
200 Freestyle	2:43.68	2:41.50	241	02/07/23	Keith Bewley Memorial Open Meet 2023	Cardiff	WL230297	3
50 Breaststroke	1:03.84	1:03.30	67	20/10/19	Neath ASC Open Meet	Swansea	WL191710	3
50 Backstroke	37.14	36.60	254	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	1:24.10	1:23.10	230	02/07/23	Keith Bewley Memorial Open Meet 2023	Cardiff	WL230297	3
200 Backstroke	2:54.91	2:53.00	261	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.55	33.20	237	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
100 Freestyle	1:10.69	1:11.90	255	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Freestyle	2:39.96	2:42.10	239	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3
400 Freestyle	7:12.12	7:15.40	118	19/10/20	Swim Wales Super Series - Round1, Session1	Swansea	LYX001	0
50 Breaststroke	56.56	57.10	85	14/06/21	Swim Wales Super Series 2021 - Round 1, Session 1	Swansea	LYX010	0
100 Breaststroke	2:06.11	2:07.10	84	05/10/19	Llanelli Autumn Meet 2019	Llanelli	WL192608	3
50 Backstroke	36.03	36.60	231	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Backstroke	1:18.84	1:19.90	230	25/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
200 Backstroke	2:48.86	2:50.80	244	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
200 Individual Medley	3:43.06	3:44.80	118	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea	LYX004	0
100 Individual Medley	1:41.03	1:41.00	116	14/06/21	Swim Wales Super Series 2021 - Round 1, Session 1	Swansea	LYX010	0