

Individual Best Times (All Time)

Now Parry - (1490268) - Clwb Nofio Caernarfon

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.38	28.70	360	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Freestyle	1:03.72	1:02.40	397	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Freestyle	2:22.70	2:20.20	365	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
400 Freestyle	4:58.60	4:53.90	400	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
800 Freestyle	10:32.60	10:23.40	365	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Breaststroke	44.99	44.30	191	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
100 Breaststroke	1:32.19	1:30.80	234	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
50 Butterfly	33.93	33.40	282	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Butterfly	1:31.03	1:30.20	160	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
50 Backstroke	35.95	35.40	281	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Backstroke	1:16.37	1:15.30	308	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Individual Medley	2:41.46	2:39.00	351	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.65	30.30	314	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Freestyle	1:04.49	1:05.80	336	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Freestyle	2:21.95	2:24.40	343	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Freestyle	4:56.43	5:01.10	367	11/11/23	John Sharp Invitational Meet 2023	Llandudno	WL232003	3
800 Freestyle	10:22.63	10:31.90	361	12/11/23	John Sharp Invitational Meet 2023	Llandudno	WL232003	3
50 Breaststroke	40.61	41.40	231	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:28.98	1:30.40	239	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
200 Breaststroke	3:20.14	3:22.80	216	30/04/23	Wrexham Spring Meet 2023	Wrexham	WL231143	2
50 Butterfly	34.75	35.30	245	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Butterfly	1:17.00	1:18.00	238	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Butterfly	3:44.72	3:46.10	107	27/02/22	Swim Conwy Spring Gala	Llandudno	WL220234	3
50 Backstroke	34.84	35.40	255	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Backstroke	1:15.41	1:16.50	263	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Backstroke	2:40.63	2:42.70	284	12/11/23	John Sharp Invitational Meet 2023	Llandudno	WL232003	3
200 Individual Medley	2:42.36	2:44.80	307	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Individual Medley	1:42.27	1:42.30	111	15/12/19	Carmarthen Christmas Open 2019	Carmarthen	WL192405	3