

Individual Best Times (All Time)

Lea Royle - (297985) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.05	28.30	536	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Freestyle	1:03.31	1:02.00	544	04/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Freestyle	2:19.85	2:17.30	525	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
400 Freestyle	5:12.09	5:07.60	429	22/01/11	City of Liverpool Winter Distance Meet	Liverpool	NW1023	1
100 Breaststroke	1:33.80	1:32.40	319	02/08/09	Welsh Summer Nationals	Swansea	WAL250	1
200 Breaststroke	3:16.60	3:13.90	342	21/11/10	Swim Wales Winter Championships	Swansea	WAL327	1
50 Butterfly	30.13	29.50	533	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Butterfly	1:09.75	1:08.70	503	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Butterfly	2:40.99	2:39.00	433	22/11/09	BG Welsh Winter Meet 2009	Swansea	WAL261	1
50 Backstroke	35.21	34.60	443	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Backstroke	1:16.59	1:15.50	419	02/10/10	Robin Hood 30th Open Meet	Sheffield	EM0277	1
200 Backstroke	2:41.16	2:39.10	446	20/11/10	Swim Wales Winter Championships	Swansea	WAL327	1
200 Individual Medley	2:40.38	2:37.90	486	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	478	18/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
100 Freestyle	1:02.93	1:04.20	509	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
200 Freestyle	2:16.59	2:19.10	526	11/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
400 Freestyle	5:01.70	5:06.30	450	27/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
800 Freestyle	10:25.07	10:34.30	445	06/12/09	North Sub Regional Champ	Llandudno	WAL270	4
1500 Freestyle	19:53.41	20:10.60	440	05/12/09	North Sub Regional Champ	Llandudno	WAL270	4
50 Breaststroke	39.82	40.60	361	21/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
100 Breaststroke	1:24.24	1:25.70	405	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
200 Breaststroke	3:05.29	3:08.10	383	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
50 Butterfly	30.47	31.10	512	24/05/15	Conwy County Aquatics Whitsun Meet	Llandudno	WL150712	2
100 Butterfly	1:08.49	1:09.60	491	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Butterfly	2:42.53	2:44.50	398	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
50 Backstroke	35.99	36.50	345	02/05/09	Wrexham Spring Meet	Wrexham	WAL231	1
100 Backstroke	1:12.91	1:14.00	426	11/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
200 Backstroke	2:36.95	2:39.10	435	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
200 Individual Medley	2:35.23	2:37.80	483	21/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
400 Individual Medley	5:37.14	5:42.30	453	05/12/09	North Sub Regional Champ	Llandudno	WAL270	4
100 Individual Medley	1:17.26	1:17.30	391	03/05/09	Wrexham Spring Meet	Wrexham	WAL231	1