

Individual Best Times (All Time)

Toni Whitney - (319306) - Denbighshire Development Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.48	27.70	569	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
100 Freestyle	1:00.50	59.10	624	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Freestyle	2:11.69	2:09.00	629	12/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
400 Freestyle	4:41.39	4:36.40	585	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
800 Freestyle	9:40.75	9:30.70	581	25/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
1500 Freestyle	18:49.82	18:31.40	540	23/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
50 Breaststroke	36.03	35.10	530	12/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
100 Breaststroke	1:18.94	1:17.30	536	11/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
200 Breaststroke	2:53.89	2:50.80	494	20/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
50 Butterfly	34.16	33.60	365	12/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
50 Backstroke	35.60	35.00	429	11/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
100 Backstroke	1:13.27	1:12.20	479	31/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
200 Individual Medley	2:31.74	2:29.10	574	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.93	28.70	553	17/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
100 Freestyle	1:00.07	1:01.40	585	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
200 Freestyle	2:09.10	2:11.80	623	31/01/15	SWNR Regional Championships	Llandudno	WL150521	2
400 Freestyle	4:33.70	4:38.80	603	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
800 Freestyle	9:33.34	9:43.30	577	30/05/10	Conwyn Whitsun Meet	Llandudno	WAL301	1
1500 Freestyle	18:14.81	18:33.50	570	05/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
50 Breaststroke	35.07	36.00	529	18/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
100 Breaststroke	1:16.21	1:17.80	547	18/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
200 Breaststroke	2:49.33	2:52.40	501	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
50 Butterfly	42.03	42.50	195	17/11/07	Wrexham Junior Sprint	Wrexham	WAL164	3
100 Butterfly	1:15.15	1:16.20	372	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
50 Backstroke	41.46	41.90	225	17/11/07	Wrexham Junior Sprint	Wrexham	WAL164	3
100 Backstroke	1:11.86	1:13.00	445	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Backstroke	2:39.87	2:41.90	411	13/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL343	2
200 Individual Medley	2:30.92	2:33.50	526	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
400 Individual Medley	5:27.57	5:32.90	493	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
100 Individual Medley	1:30.06	1:30.10	247	16/06/07	Cath Anker Meet 2007	Wrexham	WAL149	2