

Individual Best Times (All Time)

Ioan Wellsbury - (390112) - Abergele

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	378	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Freestyle	1:03.96	1:02.60	393	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
200 Freestyle	2:20.32	2:17.80	384	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
400 Freestyle	4:54.12	4:49.30	418	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
800 Freestyle	10:32.18	10:23.00	365	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
1500 Freestyle	19:43.96	19:26.40	398	22/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
50 Breaststroke	35.54	34.60	389	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Breaststroke	1:19.29	1:17.70	369	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
200 Breaststroke	2:53.68	2:50.60	377	23/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
50 Butterfly	32.15	31.60	332	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Butterfly	1:13.18	1:12.10	308	09/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
200 Butterfly	2:53.46	2:51.60	257	24/04/11	Welsh Age Group & Youth Championships	Swansea	WAL350	1
50 Backstroke	37.92	37.40	239	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Backstroke	1:16.89	1:15.80	302	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
200 Backstroke	2:46.31	2:44.30	304	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
200 Individual Medley	2:35.94	2:33.40	390	30/07/11	Welsh Summer Nationals	Swansea	WAL375	1
400 Individual Medley	5:39.73	5:34.50	363	16/12/11	British Gas Swim Wales Winter Open Champs	Swansea	WAL402	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.22	28.90	364	20/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Freestyle	1:01.78	1:03.10	382	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Freestyle	2:15.34	2:17.90	395	16/10/11	Conwyn Autumn Meet	Llandudno	WAL387	2
400 Freestyle	4:44.88	4:49.80	413	04/12/11	BG Swim Wales North Sub Region Champs	Llandudno	WAL396	4
800 Freestyle	10:23.43	10:32.60	359	06/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
1500 Freestyle	18:28.07	18:46.50	446	20/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
50 Breaststroke	35.07	36.00	360	21/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Breaststroke	1:15.60	1:17.20	390	20/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
200 Breaststroke	2:42.55	2:45.80	403	20/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
50 Butterfly	31.14	31.70	340	20/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Butterfly	1:10.84	1:11.90	306	12/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
200 Butterfly	2:41.27	2:43.20	290	21/05/11	Conwyn Whitsun Meet	Llandudno	WAL363	1
50 Backstroke	35.35	35.90	244	21/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Backstroke	1:14.78	1:15.80	269	04/12/11	BG Swim Wales North Sub Region Champs	Llandudno	WAL396	4
200 Backstroke	2:38.28	2:40.40	297	11/02/12	Swim Wales North Regional Championships	Llandudno	WAL413	2
200 Individual Medley	2:31.35	2:33.90	380	04/12/11	BG Swim Wales North Sub Region Champs	Llandudno	WAL396	4
400 Individual Medley	5:22.93	5:28.30	384	16/10/11	Conwyn Autumn Meet	Llandudno	WAL387	2
100 Individual Medley	1:10.38	1:10.40	343	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2