

# Individual Best Times (All Time)

Rhys Cole - (399362) - Taunton Deane SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.06	25.20	516	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
100 Freestyle	56.84	55.40	560	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
200 Freestyle	1:59.83	1:56.90	616	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
400 Freestyle	4:09.07	4:03.40	689	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
800 Freestyle	9:21.75	9:11.40	521	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
1500 Freestyle	16:15.07	15:53.70	712	01/08/15	British Summer Championships	Sheffield	ASA141	1
50 Breaststroke	36.23	35.40	367	13/04/13	Taunton Deane Easter Long Course Meet	Millfield	SW3253	1
50 Butterfly	28.06	27.40	499	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
100 Butterfly	1:01.85	1:00.60	511	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
200 Butterfly	2:18.26	2:16.00	508	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1
50 Backstroke	29.62	28.90	502	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
100 Backstroke	1:03.84	1:02.60	528	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
200 Backstroke	2:17.69	2:15.30	537	09/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1
200 Individual Medley	2:18.72	2:15.90	555	08/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
400 Individual Medley	4:49.90	4:43.80	585	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.38	26.20	501	16/11/14	Millfield & Taunton Super Series	Millfield	SW14073	2
100 Freestyle	54.04	55.60	571	19/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
200 Freestyle	1:55.85	1:58.80	631	07/03/15	Somerset ASA Championships	Millfield	CC150476	2
400 Freestyle	3:58.60	4:04.40	703	01/03/15	Somerset ASA Championships	Millfield	CC150475	2
1500 Freestyle	16:20.78	16:41.50	643	20/12/15	Swim Wales National Short Course Championships	Swansea	WL152205	2
50 Breaststroke	32.74	33.70	442	12/07/15	Taunton Deane Summer Level 3 Meet	Weston Super Mare	SW150405	3
100 Breaststroke	1:13.22	1:14.90	430	25/10/14	Taunton Deane Grand Prix Series	Taunton	SW4270	4
200 Breaststroke	2:35.81	2:39.20	458	26/10/14	Taunton Deane Grand Prix Series	Taunton	SW4270	4
50 Butterfly	27.26	27.90	507	19/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
100 Butterfly	59.77	1:01.00	510	01/03/15	Somerset ASA Championships	Millfield	CC150475	2
200 Butterfly	2:10.38	2:12.80	550	21/03/15	Somerset ASA Championships	Millfield	CC150478	2
50 Backstroke	28.59	29.30	462	15/11/14	Millfield & Taunton Super Series	Millfield	SW14073	2
100 Backstroke	1:00.71	1:02.00	504	09/03/14	Somerset County Championships	Millfield	CC4076	2
200 Backstroke	2:09.32	2:11.90	544	18/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
200 Individual Medley	2:12.28	2:15.20	569	15/11/14	Millfield & Taunton Super Series	Millfield	SW14073	2
400 Individual Medley	4:36.48	4:42.70	612	08/03/15	Somerset ASA Championships	Millfield	CC150476	2
100 Individual Medley	1:03.77	1:03.80	461	25/10/14	Taunton Deane Grand Prix Series	Taunton	SW4270	4