

# Individual Best Times (All Time)

Ellis Smith - (445339) - Heads of the Valleys

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.55	37.00	172	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:25.36	1:24.40	165	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
200 Freestyle	2:59.43	2:57.50	183	22/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
400 Freestyle	6:18.47	6:14.70	196	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
50 Breaststroke	56.74	56.20	95	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
100 Breaststroke	1:54.67	1:53.60	122	20/09/14	Swim Wales Legend Meet	Swansea	WAL587	3
200 Individual Medley	4:00.14	3:58.50	106	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.29	37.80	158	18/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
100 Freestyle	1:22.58	1:23.60	160	19/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
200 Freestyle	2:57.25	2:59.20	176	04/02/14	South East Wales Regional Championships	Newport	WAL548	2
400 Freestyle	6:07.55	6:11.40	192	02/02/14	South East Wales Regional Championships	Newport	WAL544	2
1500 Freestyle	24:02.89	24:17.20	202	29/11/14	South East Wales Sub Regional Competition	Newport	WAL612	2
50 Breaststroke	49.78	50.40	125	18/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
100 Breaststroke	1:48.76	1:49.90	131	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport	WL150595	3
200 Breaststroke	3:55.03	3:57.30	133	01/02/14	South East Wales Regional Championships	Newport	WAL544	2
50 Butterfly	49.84	50.20	83	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL578	4
100 Butterfly	1:53.12	1:53.80	75	17/05/14	Swim Wales South East Region Junior Development	Newport	WAL569	4
50 Backstroke	45.67	46.10	113	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL578	4
100 Backstroke	1:41.54	1:42.30	107	02/03/14	Torfaen Dolphins St David's Day Swimtaclar	Pontypool	WAL553	4
100 Individual Medley	1:38.47	1:38.50	125	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL578	4