

Individual Best Times (All Time)

Morgan Metcalfe - (452198) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.86	30.20	311	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
100 Freestyle	1:07.23	1:06.00	338	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Freestyle	2:25.21	2:22.80	346	06/10/13	The Robin Hood Open Meet 2013	Sheffield	EM3375	1
400 Freestyle	5:07.57	5:03.00	366	05/10/13	The Robin Hood Open Meet 2013	Sheffield	EM3375	1
800 Freestyle	11:16.42	11:07.80	298	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
1500 Freestyle	20:08.45	19:51.20	374	24/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Breaststroke	1:45.79	1:44.60	155	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
50 Butterfly	34.18	33.60	276	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Butterfly	1:18.20	1:17.20	252	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
50 Backstroke	35.85	35.30	283	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Backstroke	1:18.41	1:17.40	284	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
200 Backstroke	2:47.31	2:45.30	299	23/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Individual Medley	2:44.61	2:42.20	332	06/10/13	The Robin Hood Open Meet 2013	Sheffield	EM3375	1
400 Individual Medley	6:01.65	5:56.80	301	25/07/12	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	30.15	30.80	298	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
100 Freestyle	1:04.54	1:05.80	335	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Freestyle	2:20.68	2:23.10	352	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
400 Freestyle	4:57.28	5:02.00	363	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
800 Freestyle	11:14.10	11:22.60	284	05/02/11	Swim Wales North 2011 Regional Champs	Llandudno	WAL342	2
1500 Freestyle	19:19.42	19:37.10	389	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
50 Breaststroke	48.60	49.20	135	09/04/11	Bangor Diddy Gala	Bangor	WAL348	4
100 Breaststroke	1:29.03	1:30.40	239	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Breaststroke	3:13.32	3:16.00	240	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Butterfly	33.32	33.90	278	18/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2
100 Butterfly	1:12.37	1:13.40	287	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Butterfly	2:41.41	2:43.40	290	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
50 Backstroke	34.77	35.30	257	21/10/12	Conwy Autumn Meet 2012	Llandudno	WAL457	2
100 Backstroke	1:13.68	1:14.80	282	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Backstroke	2:37.45	2:39.60	301	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Individual Medley	2:37.59	2:40.10	336	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
400 Individual Medley	5:37.39	5:42.60	337	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
100 Individual Medley	1:25.50	1:25.50	191	09/04/11	Bangor Diddy Gala	Bangor	WAL348	4