

# Individual Best Times (All Time)

Francesca Golding - (48062) - Neath ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.12	29.40	481	17/07/10	Cardiff Bay Sprint Meet	Cardiff	WAL309	3
100 Freestyle	1:03.86	1:02.50	530	03/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Freestyle	2:21.78	2:19.30	504	02/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
400 Freestyle	5:07.22	5:02.60	449	29/11/08	Welsh Capital Open Meet	Cardiff	WAL209	2
800 Freestyle	11:17.92	11:09.30	365	14/04/06	WASA Age & Youth Champs	Swansea	WAL105	1
1500 Freestyle	21:47.29	21:31.40	349	14/04/06	WASA Age & Youth Champs	Swansea	WAL105	1
50 Breaststroke	44.05	43.30	290	17/07/10	Cardiff Bay Sprint Meet	Cardiff	WAL309	3
100 Breaststroke	1:35.66	1:34.30	301	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
50 Butterfly	34.34	33.80	360	10/04/11	City of Cardiff Closed Invitational Meet	Cardiff	WAL349	4
100 Butterfly	1:18.77	1:17.80	349	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
50 Backstroke	34.44	33.90	474	18/12/11	British Gas Swim Wales Winter Open Champs	Swansea	WAL402	1
100 Backstroke	1:12.86	1:11.70	487	16/12/11	British Gas Swim Wales Winter Open Champs	Swansea	WAL402	1
200 Backstroke	2:34.75	2:32.60	503	05/04/10	Welsh Age Group & Youth Champs	Swansea	WAL288	1
200 Individual Medley	2:41.58	2:39.10	475	16/07/11	Cardiff Bay Sprint Meet 2011	Cardiff	WAL374	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.01	29.70	493	15/12/17	Neath ASC Club Championships 2017	Neath	WL172295	4
100 Freestyle	1:02.93	1:04.20	509	13/03/11	Llanelli ASC Open Meet	Llanelli	WAL346	2
200 Freestyle	2:17.93	2:20.40	511	05/02/11	West Wales Regional Championships	Haverfordwest	WAL340	2
400 Freestyle	5:00.45	5:05.10	456	28/11/11	Neath ASC Club Championships	Neath	WAL400	4
800 Freestyle	10:14.65	10:24.00	468	10/02/09	West Wales Regional Meet	Penlan	WAL226	1
1500 Freestyle	19:26.79	19:44.40	471	12/02/11	West Wales Regional Championships	Haverfordwest	WAL341	2
50 Breaststroke	41.89	42.60	310	03/11/12	Neath ASC Open Meet 2012	Neath	WAL459	3
100 Breaststroke	1:32.07	1:33.40	310	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL434	2
200 Breaststroke	3:12.67	3:15.40	340	03/11/12	Neath ASC Open Meet 2012	Neath	WAL459	3
50 Butterfly	33.43	34.00	387	05/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
100 Butterfly	1:17.90	1:18.90	334	01/10/11	Llanelli Autumn Meet 2011	Llanelli	WAL380	4
200 Butterfly	3:01.03	3:02.80	288	03/11/12	Neath ASC Open Meet 2012	Neath	WAL459	3
50 Backstroke	33.63	34.20	423	30/11/15	Neath ASC Club Championships	Neath	WL152339	3
100 Backstroke	1:10.34	1:11.50	475	12/03/11	Llanelli ASC Open Meet	Llanelli	WAL346	2
200 Backstroke	2:31.37	2:33.60	485	09/02/13	West Wales Championships	Haverfordwest	WAL474	2
200 Individual Medley	2:38.78	2:41.20	452	05/11/11	Neath ASC Open Meet	Neath	WAL391	3
400 Individual Medley	5:44.31	5:49.40	425	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL434	2
100 Individual Medley	1:15.57	1:15.60	418	03/10/15	Llanelli Autumn Meet 2015	Llanelli	WL151627	3