

Individual Best Times (All Time)

Meurig Francis - (505278) - Carmarthen

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.30	23.40	637	04/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Freestyle	54.26	52.70	644	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
200 Freestyle	2:17.62	2:15.10	407	08/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
400 Freestyle	5:00.12	4:55.40	394	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
800 Freestyle	11:32.89	11:24.50	277	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
1500 Freestyle	19:56.41	19:39.00	385	27/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	39.82	39.00	276	13/07/13	Cardiff Bay Sprint Meet	Cardiff	WAL510	4
100 Breaststroke	1:27.32	1:25.90	276	22/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
50 Butterfly	27.15	26.40	551	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Butterfly	1:05.36	1:04.20	433	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Backstroke	28.76	28.10	549	06/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Backstroke	1:02.47	1:01.20	563	06/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Backstroke	2:16.30	2:13.80	553	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
200 Individual Medley	2:32.11	2:29.50	420	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
400 Individual Medley	5:38.33	5:33.10	368	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.78	24.60	609	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Freestyle	53.51	55.00	588	12/02/17	Swim Wales West Regional Championships	Haverfordwest	WL170087	2
200 Freestyle	2:05.24	2:08.00	499	04/02/16	Swim Wales West Regional Championships	Haverfordwest	WL160034	2
400 Freestyle	4:42.21	4:47.10	425	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
800 Freestyle	11:20.69	11:29.10	276	22/05/11	Pembrokshire Whitsun Weekender	Haverfordwest	WAL361	1
1500 Freestyle	20:06.98	20:24.00	345	24/11/12	West Wales Sub Regional Competition 2012	Haverfordwest	WAL464	4
50 Breaststroke	36.89	37.70	309	18/01/14	Celtic Dolphins Junior Development (sprint)	Neath	WAL543	3
100 Breaststroke	1:20.40	1:22.00	325	01/06/14	Amman Valley Open Meet 2014	Carmarthen	WAL571	2
50 Butterfly	28.82	29.50	429	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
100 Butterfly	1:04.04	1:05.20	415	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
200 Butterfly	3:12.39	3:14.00	171	04/12/11	West Wales Sub Regional Competition	Haverfordwest	WAL397	4
50 Backstroke	27.78	28.50	504	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Backstroke	58.99	1:00.30	549	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Backstroke	2:11.37	2:13.90	519	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Individual Medley	2:16.31	2:19.20	520	06/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
400 Individual Medley	5:40.94	5:46.10	326	25/11/12	West Wales Sub Regional Competition 2012	Haverfordwest	WAL464	4
100 Individual Medley	1:11.87	1:11.90	322	05/10/13	Llanelli Autumn Meet 2013	Llanelli	WAL520	4