

Individual Best Times (All Time)

Elain Jenkins - (512554) - Abergele

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.41	31.80	386	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
100 Freestyle	1:10.63	1:09.40	392	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Freestyle	2:32.02	2:29.70	409	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
400 Freestyle	5:23.24	5:18.90	386	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
800 Freestyle	11:16.30	11:07.70	368	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	44.63	43.90	278	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Breaststroke	1:31.68	1:30.30	342	29/03/13	BG Swim Wales AG & Yth & Senior Champs	Swansea	WAL483	1
200 Breaststroke	3:12.48	3:09.70	364	22/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
50 Butterfly	38.23	37.70	260	26/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
100 Backstroke	1:24.88	1:23.90	308	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Backstroke	2:52.66	2:50.70	362	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
200 Individual Medley	2:52.44	2:50.10	391	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
400 Individual Medley	6:11.86	6:07.10	365	31/07/13	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	31.55	32.20	383	05/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
100 Freestyle	1:07.99	1:09.20	403	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Freestyle	2:27.33	2:29.70	419	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
400 Freestyle	5:03.75	5:08.30	441	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
800 Freestyle	10:28.87	10:38.00	437	21/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
50 Breaststroke	41.85	42.60	311	26/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2
100 Breaststroke	1:27.36	1:28.80	363	05/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
200 Breaststroke	3:06.00	3:08.80	378	27/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
50 Butterfly	36.09	36.60	308	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
100 Butterfly	1:20.75	1:21.70	299	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
200 Butterfly	3:02.68	3:04.40	280	21/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
50 Backstroke	37.15	37.70	313	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
100 Backstroke	1:18.09	1:19.10	347	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
200 Backstroke	2:44.27	2:46.30	379	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
200 Individual Medley	2:43.78	2:46.20	411	25/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
400 Individual Medley	5:48.52	5:53.50	410	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
100 Individual Medley	1:21.05	1:21.10	338	25/05/13	Swim Conway Whitsun Meet	Llandudno	WAL498	2