

# Individual Best Times (All Time)

Griff Dulson - (560521) - City of Cardiff

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.10	27.30	412	22/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
100 Freestyle	1:03.96	1:02.60	393	09/06/13	Cardiff International Open Meet	Cardiff	WAL501	1
200 Freestyle	2:24.76	2:22.30	349	21/09/13	City of Cardiff Club Championships	Cardiff	WAL514	4
50 Breaststroke	35.31	34.40	396	08/06/13	Cardiff International Open Meet	Cardiff	WAL501	1
100 Breaststroke	1:20.80	1:19.20	348	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
200 Breaststroke	3:02.53	2:59.60	324	24/03/12	Tiger Bay Open Meet	Cardiff	WAL420	1
50 Butterfly	29.59	28.90	426	23/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
100 Butterfly	1:17.80	1:16.80	256	22/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4
50 Backstroke	37.57	37.00	246	23/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4
100 Backstroke	1:17.20	1:16.20	298	24/03/12	Tiger Bay Open Meet	Cardiff	WAL420	1
200 Backstroke	3:02.56	3:00.70	230	27/11/10	Welsh Capital One Meet	Cardiff	WAL330	2
200 Individual Medley	2:35.89	2:33.30	391	13/01/13	Exeter City Open Meet	Cardiff	SW3110	1
400 Individual Medley	5:53.62	5:48.60	322	22/09/12	City of Cardiff SC Club Championships	Cardiff	WAL447	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.40	28.20	398	19/10/13	Great Gwent Fast Water Meet level 2	Newport	WAL524	2
100 Freestyle	1:12.74	1:13.90	234	19/09/10	City of Cardiff Champs	Cardiff	WAL313	4
200 Freestyle	2:45.92	2:48.00	214	18/09/10	City of Cardiff Champs	Cardiff	WAL313	4
50 Breaststroke	35.66	36.50	342	20/10/13	Great Gwent Fast Water Meet level 2	Newport	WAL524	2
100 Breaststroke	1:19.01	1:20.60	342	19/10/13	Great Gwent Fast Water Meet level 2	Newport	WAL524	2
200 Breaststroke	3:27.32	3:29.90	194	18/09/10	City of Cardiff Champs	Cardiff	WAL313	4
50 Butterfly	30.13	30.80	376	20/10/13	Great Gwent Fast Water Meet level 2	Newport	WAL524	2
50 Backstroke	40.51	41.00	162	10/07/10	Taunton Deane Summer Meet	Weston super Mare	SW0102	3
100 Backstroke	1:22.08	1:23.10	204	15/05/11	Tigersharks Last Chance Open Meet	Swindon	SW1097	2
200 Backstroke	2:55.04	2:56.90	219	15/05/11	Tigersharks Last Chance Open Meet	Swindon	SW1097	2
200 Individual Medley	2:32.32	2:34.90	372	20/10/13	Great Gwent Fast Water Meet level 2	Newport	WAL524	2