

Individual Best Times (All Time)

Michelle Jackson - (714984) - Denbighshire Development Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.36	29.70	470	22/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
100 Freestyle	1:07.93	1:06.70	441	22/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
100 Butterfly	1:14.37	1:13.30	415	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
50 Backstroke	35.32	34.70	439	24/07/12	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	29.76	30.50	457	30/06/12	Holywell Summer Sprint Meet 2012	Holywell	WAL441	4
100 Freestyle	1:04.71	1:06.00	468	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Freestyle	2:26.99	2:29.30	422	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
50 Breaststroke	48.04	48.70	205	18/04/09	Bangor Diddy Meet	Bangor	WAL230	4
50 Butterfly	32.60	33.20	418	30/06/12	Holywell Summer Sprint Meet 2012	Holywell	WAL441	4
100 Butterfly	1:12.61	1:13.60	412	30/06/12	Holywell Summer Sprint Meet 2012	Holywell	WAL441	4
50 Backstroke	33.62	34.20	423	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Backstroke	1:10.18	1:11.30	478	26/10/13	Geoff Drew Memorial Meet	Holywell	WAL526	4
200 Backstroke	2:32.35	2:34.50	475	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Individual Medley	2:52.54	2:54.80	352	22/10/11	Geoff Drew Graded Memorial Meet	Holywell	WAL386	4
100 Individual Medley	1:19.54	1:19.50	358	20/03/11	Wrexham Anniversary Meet AA Grade Gala	Wrexham	WAL347	3