

# Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.78	27.00	426	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Freestyle	1:00.57	59.20	463	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Freestyle	2:20.31	2:17.80	384	03/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
400 Freestyle	5:01.61	4:56.90	388	04/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
1500 Freestyle	20:56.08	20:39.50	333	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
50 Breaststroke	45.51	44.80	185	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	WAL478	4
100 Breaststroke	1:38.33	1:37.00	193	21/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
200 Breaststroke	3:34.42	3:31.90	200	22/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
50 Butterfly	32.69	32.10	316	03/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
100 Butterfly	1:16.43	1:15.40	270	04/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
200 Butterfly	3:19.10	3:17.50	170	21/09/13	British Gas Swim Wales Legends Meet	Swansea	WAL515	3
50 Backstroke	37.32	36.80	251	03/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
100 Backstroke	1:15.92	1:14.90	313	03/10/15	RTC Performance Swim Squad Open	Cardiff	WL151541	1
200 Backstroke	4:10.87	4:09.50	88	24/10/10	3 Towers Open Meet	Millfield	SW0586	3
200 Individual Medley	2:52.98	2:50.70	286	10/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
400 Individual Medley	6:12.21	6:07.50	276	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.63	27.40	433	23/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150815	2
100 Freestyle	58.51	59.90	450	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport	WL150594	2
200 Freestyle	2:17.63	2:20.10	376	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
400 Freestyle	4:46.78	4:51.60	405	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
1500 Freestyle	21:15.76	21:31.90	292	14/04/13	South East Region No Time Gala	Newport	WAL485	4
50 Breaststroke	40.04	40.80	241	23/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
100 Breaststroke	1:30.45	1:31.80	228	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
50 Butterfly	31.42	32.00	331	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
100 Butterfly	1:10.55	1:11.60	310	12/07/15	Torfaen Dolphins Spring Meet 2015	Newport	WL150594	2
200 Butterfly	2:52.64	2:54.50	237	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
50 Backstroke	34.28	34.90	268	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
100 Backstroke	1:12.17	1:13.30	300	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport	WL150594	2
200 Backstroke	2:44.75	2:46.80	263	02/02/15	SWER Regional Championships	Newport	WL150525	2
200 Individual Medley	2:36.26	2:38.80	345	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
400 Individual Medley	5:36.23	5:41.40	340	23/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	SE150811	3
100 Individual Medley	1:38.03	1:38.00	127	01/10/11	Llantrisant Sharks Birthday Gala	Llantrisant	WAL381	3