

# Individual Best Times (All Time)

Alastair Richards - (76741) - City of Cardiff

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.00	24.20	585	21/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
100 Freestyle	54.37	52.80	640	22/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
200 Freestyle	1:56.96	1:54.00	663	06/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
400 Freestyle	4:09.98	4:04.30	682	08/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
800 Freestyle	8:53.77	8:42.90	607	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
1500 Freestyle	16:21.74	16:00.60	698	28/07/11	British Gas ASA National Youth Champs	Sheffield	ASA112	1
100 Breaststroke	1:42.48	1:41.20	170	21/06/08	33 Int Schwimmfest	Stuttgart, Germany	GB8025	1
50 Butterfly	28.43	27.80	480	15/06/12	Cardiff International Open Meet	Cardiff	WAL437	1
100 Butterfly	1:04.43	1:03.20	452	17/09/11	City of Cardiff Club Championships	Cardiff	WAL377	4
50 Backstroke	31.20	30.60	430	02/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
100 Backstroke	1:07.94	1:06.70	438	01/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
200 Backstroke	2:30.63	2:28.40	410	08/05/10	Sports Aid Open Meet	Leeds	NE0073	1
200 Individual Medley	2:31.15	2:28.50	429	24/09/11	City of Cardiff Club Championships	Cardiff	WAL377	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.01	25.80	523	12/02/12	South East Wales Regional Championships	Newport	WAL409	2
100 Freestyle	54.12	55.60	568	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Freestyle	1:56.06	1:59.00	627	01/02/14	South East Wales Regional Championships	Newport	WAL544	2
400 Freestyle	4:06.14	4:11.80	641	23/10/11	Greater Gwent Fast Water Open Meet	Newport	WAL389	4
800 Freestyle	9:00.76	9:11.30	551	07/02/10	South East Wales Regional	Newport	WAL278	1
50 Breaststroke	47.71	48.40	143	09/12/07	Newport Xmas Cracker	Newport	WAL174	3
100 Breaststroke	1:20.07	1:21.60	329	19/09/10	City of Cardiff Champs	Cardiff	WAL313	4
50 Butterfly	27.73	28.40	482	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
100 Butterfly	1:03.34	1:04.50	429	12/02/12	South East Wales Regional Championships	Newport	WAL409	2
50 Backstroke	29.51	30.20	420	22/10/11	Greater Gwent Fast Water Open	Newport	WAL388	1
100 Backstroke	1:04.07	1:05.30	429	04/02/12	South East Wales Regional Championships	Newport	WAL408	2
200 Backstroke	2:23.10	2:25.40	402	06/02/11	South East Wales Regional Championships	Newport	WAL338	2
200 Individual Medley	3:05.56	3:07.70	206	10/02/07	SEW Regional Championship	Newport	WAL136	1
100 Individual Medley	1:24.83	1:24.80	196	23/06/07	Torfean Sprint Meet	East Wales Region	WAL155	2