

Individual Best Times (All Time)

Phillip Edmunds - (790996) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.19	30.50	301	15/06/12	Cardiff International Open Meet	Cardiff	WAL437	1
100 Freestyle	1:04.54	1:03.20	382	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
200 Freestyle	2:21.28	2:18.80	376	15/12/12	BG Swim Wales National Champs & Disability	Swansea	WAL468	1
1500 Freestyle	20:34.05	20:17.20	351	22/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
50 Breaststroke	50.23	49.60	137	26/02/12	City of Cardiff Invitational Meet	Cardiff	WAL416	4
100 Breaststroke	1:32.79	1:31.40	230	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
50 Butterfly	32.24	31.60	329	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	WAL478	4
100 Butterfly	1:18.54	1:17.60	249	23/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	WAL481	3
100 Backstroke	1:22.35	1:21.40	246	13/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
200 Individual Medley	2:46.27	2:43.90	322	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.65	37.20	166	26/06/11	Torfaen Open Meet	Newport	WAL368	2
100 Freestyle	1:02.85	1:04.20	363	05/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
200 Freestyle	2:17.69	2:20.20	375	02/02/13	South East Wales Regional Championships	Newport	WAL471	2
400 Freestyle	5:06.40	5:11.00	332	04/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
800 Freestyle	10:49.04	10:57.90	318	15/09/12	Caerphilly Club Championships	Caerphilly	WAL451	4
1500 Freestyle	19:55.11	20:12.30	355	03/02/13	South East Wales Regional Championships	Newport	WAL471	2
50 Breaststroke	1:06.78	1:07.30	52	11/09/09	Caerphilly Club Champs	Caerphilly	WAL265	4
100 Breaststroke	1:29.34	1:30.70	236	13/09/13	Caerphilly Club Championships	Caerphilly	WAL513	4
200 Breaststroke	3:56.84	3:59.10	130	10/09/11	Caerphilly County Club Championships	Caerphilly	WAL376	4
100 Butterfly	1:17.68	1:18.70	232	03/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
200 Butterfly	3:08.81	3:10.50	181	14/09/12	Caerphilly Club Championships	Caerphilly	WAL451	4
50 Backstroke	57.68	58.00	56	12/09/09	Caerphilly Club Champs	Caerphilly	WAL265	4
100 Backstroke	1:14.16	1:15.20	276	02/02/13	South East Wales Regional Championships	Newport	WAL471	2
200 Backstroke	2:50.08	2:52.00	239	15/09/13	Caerphilly Club Championships	Caerphilly	WAL513	4
200 Individual Medley	2:42.86	2:45.30	305	05/05/13	City of Newport Spring Open Meet	Newport	WAL491	2
400 Individual Medley	5:51.65	5:56.60	297	03/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
100 Individual Medley	2:06.77	2:06.80	58	13/09/09	Caerphilly Club Champs	Caerphilly	WAL265	4