

# Individual Best Times (All Time)

## Oliver Townsend - (802961) - Torfaen Dolphins Performance

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.88	28.10	379	07/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
100 Freestyle	59.99	58.60	476	12/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
200 Freestyle	2:04.32	2:01.50	552	18/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
400 Freestyle	4:21.38	4:16.00	596	16/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
1500 Freestyle	16:52.78	16:32.20	636	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
50 Breaststroke	40.16	39.40	269	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Breaststroke	1:24.41	1:22.90	305	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
50 Butterfly	29.57	28.90	427	03/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Butterfly	1:01.76	1:00.50	513	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
200 Butterfly	2:44.24	2:42.30	303	07/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
50 Backstroke	46.88	46.40	126	29/11/09	Welsh Capital Open Meet	Cardiff	WAL266	2
200 Individual Medley	2:38.03	2:35.50	375	21/12/13	BG Swim Wales National Championships	Swansea	WAL539	1
400 Individual Medley	5:29.92	5:24.50	397	06/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	371	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
100 Freestyle	59.12	1:00.50	436	03/02/14	South East Wales Regional Championships	Newport	WAL548	2
200 Freestyle	2:01.36	2:04.20	548	12/07/15	Torfaen Dolphins Spring Meet 2015	Newport	WL150594	2
400 Freestyle	4:17.60	4:23.00	559	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
1500 Freestyle	16:43.39	17:03.70	601	13/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
50 Breaststroke	50.06	50.70	123	26/06/10	Torfaen Open Meet	Newport	WAL306	3
100 Breaststroke	1:27.02	1:28.50	256	30/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
200 Breaststroke	2:56.84	2:59.80	313	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
50 Butterfly	30.82	31.40	351	16/11/13	City of Hereford Open Meet	Hereford	WM3273	3
100 Butterfly	1:01.11	1:02.30	477	03/02/15	SWER Regional Championships	Newport	WL150526	2
200 Butterfly	2:31.82	2:33.90	348	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
50 Backstroke	44.13	44.60	125	27/06/10	Torfaen Open Meet	Newport	WAL306	3
100 Backstroke	1:16.67	1:17.70	250	02/02/13	South East Wales Regional Championships	Newport	WAL471	2
200 Backstroke	2:45.25	2:47.30	261	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
200 Individual Medley	2:29.02	2:31.60	398	18/10/14	Greater Gwent Fast Water Open Meet	Newport	WAL601	2
400 Individual Medley	5:23.79	5:29.20	381	02/02/13	South East Wales Regional Championships	Newport	WAL471	2
100 Individual Medley	1:29.09	1:29.10	169	27/06/10	Torfaen Open Meet	Newport	WAL306	3