Individual Best Times (All Time)

Arabella Haley - (811792) - Tenby

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.78	28.00	552	07/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Freestyle	1:02.72	1:01.40	560	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Freestyle	2:15.46	2:12.90	578	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	WL170095	1
400 Freestyle	4:48.38	4:43.50	543	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
50 Breaststroke	38.86	38.00	422	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
100 Breaststroke	1:26.45	1:25.00	408	19/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
200 Breaststroke	3:28.50	3:25.90	287	15/12/12	BG Swim Wales National Champs & Disability	Swansea	WAL468	1
50 Butterfly	33.21	32.60	398	19/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
100 Butterfly	1:16.03	1:15.00	388	03/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
50 Backstroke	31.77	31.10	604	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Backstroke	1:08.00	1:06.80	599	02/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Backstroke	2:26.91	2:24.60	588	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
200 Individual Medley	2:36.48	2:33.90	523	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	WL171240	1
400 Individual Medley	5:32.03	5:26.70	513	16/05/15	Swim Swansea Open Meet	Swansea	WL150504	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.58	29.30	516	11/02/17	Swim Wales West Regional Championships	Haverfordwest	WL170087	2
100 Freestyle	1:00.52	1:01.90	572	20/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
200 Freestyle	2:11.16	2:13.80	594	19/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
400 Freestyle	4:37.60	4:42.60	578	12/02/17	Swim Wales West Regional Championships	Haverfordwest	WL170087	2
800 Freestyle	9:55.21	10:04.80	516	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
50 Breaststroke	37.94	38.80	418	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
100 Breaststroke	1:23.90	1:25.40	410	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
200 Breaststroke	3:08.57	3:11.40	363	02/11/13	Neath Open Meet	Neath	WAL529	3
50 Butterfly	32.83	33.40	409	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Butterfly	1:13.52	1:14.50	397	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Butterfly	3:03.89	3:05.60	275	29/09/13	Pembrokeshire County Championships	Haverfordwest	SCO761	4
50 Backstroke	30.61	31.30	561	04/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
100 Backstroke	1:05.84	1:07.00	579	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Backstroke	2:21.19	2:23.50	597	14/10/17	Pembrokeshire County Swimming Champs 2017	Haverfordwest	WL171511	3
200 Individual Medley	2:33.37	2:35.90	501	24/09/16	Pembrokeshire County Closed Championships	Haverfordwest	WL161206	3
400 Individual Medley	5:28.60	5:33.90	489	27/09/15	Pembrokeshire County Swimming Closed Championships	Haverfordwest	WL151331	3
100 Individual Medley	1:26.54	1:26.50	278	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4