

Individual Best Times (All Time)

Owen Knowles - (816532) - Nofio Cymru

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|----------------|----------|-------|
| 50 Freestyle | 27.66 | 26.90 | 432 | 26/02/17 | Surrey Age Group Championships | Crystal Palace | LR170178 | 1 |
| 100 Freestyle | 59.22 | 57.80 | 495 | 31/07/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 200 Freestyle | 2:11.51 | 2:08.80 | 466 | 02/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 400 Freestyle | 4:47.75 | 4:42.80 | 447 | 07/02/16 | Surrey County ASA Age Group Championships 2016 | Guildford | LR160382 | 1 |
| 1500 Freestyle | 19:44.90 | 19:27.30 | 397 | 21/02/15 | Surrey Age Group Championships | Guildford | CC150302 | 1 |
| 50 Breaststroke | 31.40 | 30.40 | 564 | 01/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 100 Breaststroke | 1:09.51 | 1:07.70 | 547 | 03/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 200 Breaststroke | 2:37.10 | 2:33.70 | 509 | 06/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 50 Butterfly | 28.13 | 27.40 | 496 | 05/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 100 Butterfly | 1:05.30 | 1:04.10 | 434 | 01/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 50 Backstroke | 31.70 | 31.10 | 410 | 05/08/18 | Swim Wales Summer Nationals | Swansea | WL180091 | 1 |
| 100 Backstroke | 1:06.68 | 1:05.50 | 463 | 05/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 200 Backstroke | 2:21.10 | 2:18.70 | 499 | 30/07/18 | Swim Wales Summer Nationals | Swansea | WL180091 | 1 |
| 200 Individual Medley | 2:21.95 | 2:19.10 | 517 | 03/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |
| 400 Individual Medley | 5:07.01 | 5:01.20 | 492 | 04/08/17 | Swim Wales Summer Nationals | Swansea | WL170074 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle | 26.86 | 27.60 | 422 | 24/06/18 | 2nd Maurice and Daphne Short Course Memorial Meet | Hillingdon | LR181148 | 2 |
| 100 Freestyle | 58.39 | 59.80 | 452 | 09/07/17 | Dorking 100m Club Championships | Dorking | SE171371 | 4 |
| 200 Freestyle | 2:10.35 | 2:13.00 | 443 | 13/02/16 | Surrey County Age Group Championships 2016 | Guildford | LR160383 | 2 |
| 400 Freestyle | 4:34.15 | 4:39.20 | 464 | 24/11/16 | Dorking Swimming Club Long Distance Club Champs | Dorking | SE161730 | 4 |
| 800 Freestyle | 10:12.25 | 10:21.60 | 379 | 09/12/14 | Dorking Distance Club Championships | Dorking | SE14639 | 4 |
| 1500 Freestyle | 17:50.14 | 18:09.20 | 495 | 27/11/17 | Guildford NAGS & REGS Squad Distance Meet | Guildford | SE172290 | 4 |
| 50 Breaststroke | 31.79 | 32.80 | 483 | 16/12/17 | Hillingdon Winter Short Course Open Meet 2017 | Hillingdon | LR172525 | 3 |
| 100 Breaststroke | 1:09.54 | 1:11.30 | 502 | 09/12/17 | NASLS - Round Three | Aldershot | SE172624 | 3 |
| 200 Breaststroke | 2:34.67 | 2:38.00 | 468 | 04/12/16 | Swim Wales Short Course Championships | Swansea | WL160022 | 2 |
| 50 Butterfly | 28.69 | 29.30 | 435 | 17/12/17 | Hillingdon Winter Short Course Open Meet 2017 | Hillingdon | LR172525 | 3 |
| 100 Butterfly | 1:06.23 | 1:07.40 | 375 | 05/02/17 | Surrey Age Group Championships | Guildford | LR170176 | 2 |
| 200 Butterfly | 2:56.75 | 2:58.50 | 220 | 13/12/15 | Hailsham Winter Champs Dual Meet | Hailsham | SE152305 | 4 |
| 50 Backstroke | 31.85 | 32.50 | 334 | 07/01/17 | Dorking 2017 Sprint Club Championships | Dorking | SE170368 | 4 |
| 100 Backstroke | 1:04.80 | 1:06.00 | 414 | 24/06/18 | 2nd Maurice and Daphne Short Course Memorial Meet | Hillingdon | LR181148 | 2 |
| 200 Backstroke | 2:19.27 | 2:21.60 | 436 | 20/11/16 | Guildford L2 Winter Qualifier Champs | Guildford | SE161280 | 2 |
| 200 Individual Medley | 2:21.71 | 2:24.50 | 463 | 12/11/16 | NASLS Round 2 | Burgess Hill | SE162477 | 3 |
| 400 Individual Medley | 5:04.58 | 5:10.30 | 458 | 03/12/16 | Swim Wales Short Course Championships | Swansea | WL160022 | 2 |
| 100 Individual Medley | 1:04.81 | 1:04.80 | 439 | 09/07/17 | Dorking 100m Club Championships | Dorking | SE171371 | 4 |