

# Individual Best Times (All Time)

Carys Ladd - (862360) - Winchester City Penguins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.88	29.20	493	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:05.04	1:03.70	502	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Freestyle	2:37.19	2:35.00	370	08/04/12	Portsmouth Northsea Easter Festival	Portsmouth	SE2161	1
400 Freestyle	5:01.62	4:56.90	475	02/03/14	Hampshire County Championships	Portsmouth	CC4114	1
50 Breaststroke	45.38	44.70	265	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
100 Breaststroke	1:42.75	1:41.50	243	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	SE2060	3
50 Butterfly	31.80	31.20	453	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Butterfly	1:12.14	1:11.10	454	05/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Butterfly	2:55.25	2:53.40	335	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Backstroke	35.50	34.90	433	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
100 Backstroke	1:17.67	1:16.60	402	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
200 Backstroke	2:50.44	2:48.50	377	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Individual Medley	2:44.31	2:41.90	452	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
400 Individual Medley	5:50.65	5:45.60	435	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.14	29.80	487	24/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151748	4
100 Freestyle	1:03.02	1:04.30	506	29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	SW152066	2
200 Freestyle	2:19.08	2:21.60	498	20/10/13	Winchester City Penguins Club Championships	Winchester	SE3753	4
400 Freestyle	5:01.62	5:06.20	450	26/10/13	Winchester City Penguins Club Championships	Winchester	SE3752	4
50 Breaststroke	42.53	43.30	296	08/02/15	15th City of Southampton Open Meet	Southampton	SE150003	2
100 Breaststroke	1:32.63	1:34.00	305	14/12/14	5th CO Southampton Christmas Open Meet	Southampton	SE4382	3
200 Breaststroke	3:21.72	3:24.30	296	01/12/13	HVWS Peter Bull Open Meet	Waterlooville	SE3967	3
50 Butterfly	31.74	32.30	453	23/10/16	Winchester City Penguins Club Championships	St Swithuns	SE162076	4
100 Butterfly	1:11.69	1:12.70	428	15/10/16	Winchester City Penguins Club Championships	St Swithuns	SE162074	4
200 Butterfly	2:43.40	2:45.30	392	20/10/13	Winchester City Penguins Club Championships	Winchester	SE3753	4
50 Backstroke	33.80	34.40	416	18/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151746	4
100 Backstroke	1:13.31	1:14.40	419	17/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151746	4
200 Backstroke	2:39.50	2:41.60	414	25/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151748	4
200 Individual Medley	2:38.59	2:41.10	453	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
400 Individual Medley	5:39.23	5:44.40	444	25/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151748	4
100 Individual Medley	1:14.31	1:14.30	439	24/10/15	Winchester City Penguins Club Championships	St Swithuns	SE151748	4