

Individual Best Times (All Time)

Nia Conlon - (871323) - Carmarthen

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.79	30.10	450	05/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Freestyle	1:07.18	1:05.90	456	08/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1
200 Freestyle	2:20.77	2:18.30	515	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
400 Freestyle	4:52.20	4:47.40	522	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
800 Freestyle	10:10.14	10:00.60	501	02/04/18	Swim Wales LC Championships	Swansea	WL180090	1
50 Breaststroke	41.92	41.20	336	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1
100 Breaststroke	1:33.83	1:32.50	319	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1
200 Breaststroke	3:19.38	3:16.70	328	28/05/17	Cardiff International Open Meet 2017	Cardiff	WL170116	1
50 Butterfly	32.36	31.80	430	08/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1
100 Butterfly	1:14.77	1:13.70	408	07/04/18	City of Bristol International Open Meet	Hengrove Park	SW180691	1
200 Butterfly	3:08.71	3:07.00	268	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	WL170098	3
50 Backstroke	33.60	33.00	510	03/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Backstroke	1:13.32	1:12.20	478	18/01/20	C. o. C. Welsh Capital Open Meet 2020	Cardiff	WL200011	1
200 Backstroke	2:35.80	2:33.60	493	19/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	WL171240	1
200 Individual Medley	2:39.22	2:36.70	497	04/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
400 Individual Medley	5:46.47	5:41.40	451	03/08/17	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	30.43	31.10	427	09/02/19	Swim Wales West Regional Championships	Haverfordwest	WL190040	2
100 Freestyle	1:04.17	1:05.50	480	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:15.53	2:18.10	539	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Freestyle	4:43.46	4:48.40	543	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
800 Freestyle	9:57.99	10:07.60	508	02/02/18	SW West Regional Championships	Haverfordwest	WL180051	2
50 Breaststroke	41.06	41.80	329	02/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200038	2
100 Breaststroke	1:28.40	1:29.80	351	09/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200039	2
200 Breaststroke	3:15.55	3:18.20	325	26/11/16	Swim Wales West Sub Regional Championships	Wales	WL160027	3
50 Butterfly	32.08	32.70	438	11/02/18	SW West Regional Championships	Haverfordwest	WL180052	2
100 Butterfly	1:13.07	1:14.10	404	01/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200038	2
200 Butterfly	2:49.20	2:51.10	353	04/02/18	SW West Regional Championships	Haverfordwest	WL180051	2
50 Backstroke	32.83	33.40	454	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Backstroke	1:09.85	1:11.00	485	10/02/18	SW West Regional Championships	Haverfordwest	WL180052	2
200 Backstroke	2:29.85	2:32.10	500	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Individual Medley	2:34.55	2:37.10	490	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Individual Medley	5:34.44	5:39.70	464	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	WL182338	2
100 Individual Medley	1:22.01	1:22.00	327	05/06/16	Amman Valley Open Meet 2016	Carmarthen	WL160955	3