

Individual Best Times (All Time)

Dafydd Jones - (885625) - Denbigh Dragons Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.95	25.10	523	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Freestyle	58.26	56.80	520	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
200 Freestyle	2:25.68	2:23.30	343	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
400 Freestyle	5:27.21	5:22.90	304	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
50 Breaststroke	38.00	37.20	318	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
100 Breaststroke	1:30.76	1:29.40	246	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Butterfly	28.94	28.30	455	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Butterfly	1:34.80	1:34.00	141	18/04/14	Welsh Age Group & Youth Championships	WNPS	WAL560	1
50 Backstroke	30.67	30.00	452	14/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Backstroke	1:06.32	1:05.10	470	14/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
200 Backstroke	2:41.59	2:39.50	332	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Individual Medley	2:32.53	2:29.90	417	17/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.51	26.30	493	30/11/18	Swim Wales Short Course Championships	Swansea	WL180060	2
100 Freestyle	57.73	59.20	468	06/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Freestyle	2:12.18	2:14.80	424	26/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
400 Freestyle	4:51.05	4:55.80	387	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
1500 Freestyle	21:30.90	21:46.80	282	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Breaststroke	35.61	36.50	343	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Breaststroke	1:16.68	1:18.30	374	25/11/17	Swim Wales North Sub Regional Championships	Llandudno	WL170080	3
200 Breaststroke	3:32.90	3:35.40	179	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
50 Butterfly	29.00	29.60	421	28/04/19	DDT Chris Clements Memorial Meet	Llandudno	WL191247	3
100 Butterfly	1:08.31	1:09.40	342	24/11/18	SW North Sub Regional Championships	Llandudno	WL180057	3
200 Butterfly	3:15.48	3:17.10	163	08/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
50 Backstroke	28.96	29.60	445	06/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
100 Backstroke	1:03.95	1:05.20	431	24/11/18	SW North Sub Regional Championships	Llandudno	WL180057	3
200 Backstroke	2:21.49	2:23.80	416	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Individual Medley	2:27.08	2:29.70	414	08/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
400 Individual Medley	6:00.29	6:05.10	276	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
100 Individual Medley	1:08.04	1:08.00	379	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2