

Individual Best Times (All Time)

Sian Jones - (888260) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:25.52	1:24.50	221	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
400 Freestyle	6:30.34	6:26.70	219	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
800 Freestyle	13:22.83	13:15.60	220	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
100 Breaststroke	1:53.44	1:52.30	180	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
200 Backstroke	3:23.78	3:22.10	220	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1
200 Individual Medley	3:30.10	3:28.20	216	13/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.64	42.10	166	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
100 Freestyle	1:18.06	1:19.10	266	27/09/14	Conwy County Aquatics Closed Invitational	Llandudno	WAL594	4
200 Freestyle	2:59.69	3:01.60	231	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
400 Freestyle	6:18.43	6:22.10	228	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
800 Freestyle	13:23.86	13:31.00	209	21/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
50 Breaststroke	55.10	55.70	136	16/10/11	Conwyn Autumn Meet	Llandudno	WAL387	2
100 Breaststroke	1:44.89	1:46.10	210	25/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
200 Breaststroke	3:57.63	3:59.90	181	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Butterfly	44.58	45.00	163	20/10/12	Conwy Autumn Meet 2012	LLandudno	WAL457	2
100 Butterfly	2:05.85	2:06.50	79	25/02/12	Menai AA & B Grade Meet	Bangor	WAL415	4
50 Backstroke	46.84	47.30	156	15/10/11	Conwyn Autumn Meet	Llandudno	WAL387	2
100 Backstroke	1:30.30	1:31.20	224	28/09/14	Conwy County Aquatics Closed Invitational	Llandudno	WAL594	4
200 Backstroke	3:17.62	3:19.30	218	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
200 Individual Medley	3:20.68	3:22.60	223	25/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
100 Individual Medley	1:32.53	1:32.50	227	13/07/14	Swim Conway Len Thomas Memorial Meet	Llandudno	WAL584	2