

Individual Best Times (All Time)

Laura Childs - (898542) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	02/04/18	Swim Wales LC Championships	Swansea	WL180090	1
100 Freestyle	1:05.71	1:04.40	487	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Freestyle	2:19.70	2:17.20	527	15/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
400 Freestyle	4:56.90	4:52.10	498	14/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
800 Freestyle	10:08.67	9:59.10	505	06/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Breaststroke	42.37	41.60	325	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
100 Breaststroke	1:30.90	1:29.50	351	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	WL170181	3
200 Breaststroke	3:23.66	3:21.00	308	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
50 Butterfly	31.56	31.00	463	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Butterfly	1:09.34	1:08.20	512	14/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Butterfly	2:35.01	2:33.00	485	07/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Backstroke	36.92	36.40	385	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
100 Backstroke	1:19.61	1:18.60	373	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Backstroke	2:46.91	2:44.90	401	14/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	WL170095	1
200 Individual Medley	2:38.70	2:36.20	501	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
400 Individual Medley	5:32.92	5:27.60	509	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.05	29.80	491	05/02/18	SW South East Regional Championships	Newport	WL180048	2
100 Freestyle	1:02.56	1:03.90	518	04/02/18	SW South East Regional Championships	Newport	WL180047	2
200 Freestyle	2:18.67	2:21.20	503	15/10/16	Greater Gwent Fast Water Open Meet	Newport	WL160899	2
400 Freestyle	4:45.46	4:50.30	531	02/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
800 Freestyle	9:50.49	10:00.20	528	04/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
50 Breaststroke	41.17	41.90	327	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
100 Breaststroke	1:26.78	1:28.20	371	25/09/16	City of Cardiff Club Championship	Cardiff	WL161205	3
200 Breaststroke	3:00.41	3:03.30	415	24/09/16	City of Cardiff Club Championship	Cardiff	WL161205	3
50 Butterfly	31.10	31.70	481	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
100 Butterfly	1:07.46	1:08.60	514	03/02/18	SW South East Regional Championships	Newport	WL180047	2
200 Butterfly	2:30.69	2:32.80	500	05/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
50 Backstroke	36.21	36.80	339	15/10/16	Greater Gwent Fast Water Open Meet	Newport	WL160899	2
100 Backstroke	1:16.53	1:17.60	368	24/09/17	City of Cardiff Club Championships	Cardiff	WL171001	3
200 Backstroke	2:37.68	2:39.80	429	16/10/16	Greater Gwent Fast Water Open Meet	Newport	WL160899	2
200 Individual Medley	2:34.29	2:36.80	492	05/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
400 Individual Medley	5:24.00	5:29.40	510	06/11/16	Welsh Capital Open Meet	Cardiff	WL161198	2
100 Individual Medley	1:40.32	1:40.30	178	20/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL455	4