

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.27	26.50	450	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	SW190355	1
100 Freestyle	58.77	57.30	506	30/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Freestyle	2:12.15	2:09.50	459	01/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Breaststroke	35.10	34.20	404	30/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Breaststroke	1:17.47	1:15.80	395	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	WL190341	1
200 Breaststroke	2:44.35	2:41.10	445	23/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	SW190355	1
50 Butterfly	27.60	26.90	525	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Butterfly	1:01.23	1:00.00	526	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
50 Backstroke	30.98	30.30	439	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Backstroke	1:34.10	1:33.20	164	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
200 Individual Medley	2:24.18	2:21.40	494	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	WL190341	1
400 Individual Medley	6:14.75	6:10.00	270	10/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.44	27.20	443	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
100 Freestyle	57.00	58.40	486	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
200 Freestyle	2:07.01	2:09.70	478	06/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
400 Freestyle	4:33.29	4:38.40	468	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
1500 Freestyle	18:05.51	18:24.30	474	06/10/18	Bridgend County Swim Squad Club Championships	Aberavon	WL182034	3
50 Breaststroke	34.44	35.30	380	12/02/19	Swim Wales South East Regional Championships	Newport	WL190036	2
100 Breaststroke	1:13.85	1:15.50	419	15/12/19	Carmarthen Christmas Open 2019	Carmarthen	WL192404	2
200 Breaststroke	2:39.22	2:42.50	429	02/02/19	Swim Wales South East Regional Championships	Newport	WL190035	2
50 Butterfly	27.21	27.90	510	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Butterfly	1:00.53	1:01.80	491	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
50 Backstroke	29.74	30.40	410	20/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
100 Backstroke	1:06.29	1:07.50	387	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
200 Backstroke	3:07.33	3:09.10	179	05/04/14	South East Wales No Time Gala	Newport	WAL557	4
200 Individual Medley	2:21.28	2:24.00	467	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
400 Individual Medley	5:14.20	5:19.70	417	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	WL182338	2