

# Individual Best Times (All Time)

Lauren Johns - (926626) - Celtic Dolphins

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.05	31.40	399	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:10.02	1:08.80	402	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
100 Breaststroke	1:36.90	1:35.60	289	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
100 Butterfly	1:27.59	1:26.70	254	06/07/13	Gemau Cymru 2013	Cardiff	WAL509	3
50 Backstroke	35.26	34.70	442	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Backstroke	1:18.03	1:17.00	396	16/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
200 Backstroke	2:51.92	2:50.00	367	02/11/14	Neath Open Meet	Swansea	WAL605	1
200 Individual Medley	3:01.28	2:59.10	336	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.59	32.20	382	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Freestyle	1:08.77	1:10.00	390	01/02/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Freestyle	2:28.51	2:30.80	409	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
50 Breaststroke	42.08	42.80	306	17/01/15	Celtic Dolphins Sprint Meet 2015	Neath	WL150517	3
100 Breaststroke	1:31.43	1:32.80	317	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
200 Breaststroke	3:30.83	3:33.30	260	03/02/13	West Wales Championships	Haverfordwest	WAL473	2
50 Butterfly	38.01	38.50	263	13/04/13	Celtic Dolphins Junior Development Meet	Neath	WAL486	3
100 Butterfly	1:26.07	1:27.00	247	03/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
50 Backstroke	34.31	34.90	398	31/01/15	SWWR Regional Championships	Haverford West	WL150523	2
100 Backstroke	1:15.20	1:16.30	388	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
200 Backstroke	2:43.80	2:45.80	382	01/02/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Individual Medley	2:56.34	2:58.60	330	01/06/14	Amman Valley Open Meet 2014	Carmathen	WAL571	2