

# Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.33	29.60	327	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Freestyle	1:06.19	1:04.90	354	02/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Freestyle	2:28.15	2:25.80	326	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
400 Freestyle	5:22.60	5:18.20	317	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Breaststroke	45.53	44.80	185	25/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	WL180012	1
100 Breaststroke	1:39.02	1:37.70	189	25/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	WL180012	1
200 Breaststroke	3:30.38	3:27.80	212	07/04/18	City of Wells Open Meet 2018	Millfield	SW180174	3
50 Butterfly	33.08	32.50	305	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Butterfly	1:20.36	1:19.40	233	26/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
200 Butterfly	3:12.29	3:10.60	188	08/04/18	City of Wells Open Meet 2018	Millfield	SW180174	3
50 Backstroke	34.47	33.90	318	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Backstroke	1:15.59	1:14.50	318	30/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Backstroke	2:43.26	2:41.20	322	31/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Individual Medley	2:53.89	2:51.60	281	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
400 Individual Medley	6:40.84	6:36.40	221	08/04/17	City of Wells Open Meet	Millfield	SW170312	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.34	31.00	293	13/07/19	Carmarthen Club Champs 2019	Carmarthen	WL192629	3
100 Freestyle	1:06.78	1:08.00	302	25/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
200 Freestyle	2:26.48	2:28.80	312	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
400 Freestyle	5:25.41	5:29.70	277	25/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
1500 Freestyle	20:49.83	21:06.30	311	24/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL170090	3
50 Breaststroke	43.44	44.20	189	25/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
100 Breaststroke	1:38.38	1:39.70	177	07/10/17	Llanelli Autumn Meet	Llanelli	WL171931	3
200 Breaststroke	4:01.09	4:03.30	123	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	WL151213	3
50 Butterfly	33.16	33.70	282	01/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200038	2
100 Butterfly	1:15.26	1:16.30	255	25/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
200 Butterfly	3:25.25	3:26.80	141	27/11/16	Swim Wales West Sub Regional Championships	Wales	WL160027	3
50 Backstroke	33.60	34.20	284	09/02/20	Swim Wales West Regional Championships	Haverfordwest	WL200039	2
100 Backstroke	1:12.97	1:14.10	290	30/11/18	Swim Wales Short Course Championships	Swansea	WL180060	2
200 Backstroke	2:41.85	2:43.90	277	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	WL180059	3
200 Individual Medley	2:48.32	2:50.60	276	23/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	WL190047	3
400 Individual Medley	6:03.48	6:08.30	269	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	WL182338	2
100 Individual Medley	1:18.17	1:18.20	250	05/10/19	Llanelli Autumn Meet 2019	Llanelli	WL192608	3