

Individual Best Times (All Time)

Coraline Aggett - (97002065) - Amman Valley

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	44.27	43.80	168	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Backstroke	46.97	46.50	187	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.19	36.80	254	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Freestyle	1:24.43	1:25.40	210	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240257	3
200 Freestyle	3:07.94	3:09.80	202	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
50 Breaststroke	55.05	55.60	136	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Butterfly	44.52	44.90	164	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Backstroke	46.43	46.90	160	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232015	3
200 Individual Medley	3:45.09	3:46.80	158	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Individual Medley	1:40.61	1:40.60	177	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240257	3