

Individual Best Times (All Time)

Ifan Murphy - (97003836) - Pembrokeshire County Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	1:02.25	1:01.90	37	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
50 Breaststroke	1:18.94	1:18.50	35	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
50 Backstroke	1:09.68	1:09.40	38	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	53.56	54.00	53	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232015	3
100 Freestyle	1:48.65	1:49.40	70	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
200 Freestyle	4:06.05	4:07.50	65	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
50 Breaststroke	1:13.93	1:14.40	38	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Breaststroke	2:28.67	2:29.50	51	14/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
50 Butterfly	1:10.30	1:10.60	29	10/12/23	Carmarthen & District Christmas Open Meet 2023	Carmarthen	WL232015	3
50 Backstroke	59.18	59.50	52	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Backstroke	2:22.41	2:23.00	39	22/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3
100 Individual Medley	2:15.83	2:15.80	47	22/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3