

Individual Best Times (All Time)

Bethan Rees - (975106) - Newtown Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.44	1:17.40	286	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
50 Breaststroke	47.48	46.80	231	20/09/15	Swim Wales Legends Meet	Swansea	WL150508	3
100 Breaststroke	1:46.89	1:45.70	215	19/09/15	Swim Wales Legends Meet	Swansea	WL150508	3
200 Breaststroke	3:51.62	3:49.30	209	20/09/15	Swim Wales Legends Meet	Swansea	WL150508	3
50 Butterfly	43.82	43.40	173	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Butterfly	1:37.32	1:36.50	185	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
50 Backstroke	43.23	42.80	239	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Backstroke	1:31.39	1:30.50	246	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3
200 Individual Medley	3:13.62	3:11.60	276	14/01/17	Swim Wales New Year Pentathlon	Swansea	WL170072	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.84	35.40	285	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
100 Freestyle	1:14.26	1:15.40	309	19/03/17	Wrexham Crystal Meet 2017	Wrexham	WL170599	3
200 Freestyle	3:03.60	3:05.50	216	27/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
50 Breaststroke	46.39	47.10	228	31/01/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
100 Breaststroke	1:38.52	1:39.80	253	08/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
200 Breaststroke	3:36.29	3:38.70	240	24/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
50 Butterfly	41.34	41.80	205	22/11/15	Wrexham 14th Junior Sprint Meet 2015	Wrexham	WL150749	3
100 Butterfly	1:30.66	1:31.50	211	19/03/17	Wrexham Crystal Meet 2017	Wrexham	WL170599	3
50 Backstroke	41.78	42.30	220	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
100 Backstroke	1:27.55	1:28.50	246	19/03/17	Wrexham Crystal Meet 2017	Wrexham	WL170599	3
200 Backstroke	3:08.51	3:10.30	251	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
200 Individual Medley	3:02.40	3:04.60	298	19/03/17	Wrexham Crystal Meet 2017	Wrexham	WL170599	3
400 Individual Medley	6:58.41	7:02.60	237	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
100 Individual Medley	1:31.24	1:31.20	237	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2