

# Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 100 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
58.51	450	F	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport		2
1:00.08	415	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	2
1:01.52	387	H	04/02/15	SWER Regional Championships	Newport		2
1:02.67	366	F	26/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3
1:03.09	359	F	04/10/14	Llantrisant Sharks Open Meet	Rhondda		3
1:03.32	355	F	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport		2
1:05.11	326	F	29/06/13	Torfaen Dolphins Open Meet 2013	Newport		2
1:05.96	314	F	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		2
1:06.14	311	H	03/02/14	South East Wales Regional Championships	Newport		2
1:07.85	288	F	05/10/13	Llantrisant Sharks Open Meet	Rhondda		3
1:08.27	283	F	25/11/12	South East Wales Sub Regional Meet	Newport		4
1:08.81	276	F	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey		3
1:12.47	236	F	24/06/12	Torfaen SC Open Meet 2012	Torfaen		2
1:13.27	229	H	14/07/12	Gemau Cymru 2012	Cardiff		1
1:19.10	182	F	23/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey		3
1:20.11	175	F	11/12/11	Llantrisant Sharks Club Championships	Llantrisant		4
1:20.26	174	H	02/10/11	Llantrisant Sharks Birthday Gala	Llantrisant		3
1:39.20	92	H	03/10/10	Llantrisant Open Meet	LLantrisant		4
1:55.54	58		06/06/09	South East Wales Junior	Newport		4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:00.08	415	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	2
58.51	450	F	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport		2
1:01.52	387	H	04/02/15	SWER Regional Championships	Newport		2
1:02.67	366	F	26/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3

1:03.09	359	F	04/10/14	Llantrisant Sharks Open Meet	Rhondda	3
1:03.32	355	F	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport	2
1:06.14	311	H	03/02/14	South East Wales Regional Championships	Newport	2
1:05.96	314	F	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	2
1:07.85	288	F	05/10/13	Llantrisant Sharks Open Meet	Rhondda	3
1:05.11	326	F	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	2
1:08.27	283	F	25/11/12	South East Wales Sub Regional Meet	Newport	4
1:08.81	276	F	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey	3
1:13.27	229	H	14/07/12	Gemau Cymru 2012	Cardiff	1
1:12.47	236	F	24/06/12	Torfaen SC Open Meet 2012	Torfaen	2
1:20.11	175	F	11/12/11	Llantrisant Sharks Club Championships	Llantrisant	4
1:19.10	182	F	23/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey	3
1:20.26	174	H	02/10/11	Llantrisant Sharks Birthday Gala	Llantrisant	3
1:39.20	92	H	03/10/10	Llantrisant Open Meet	LLantrisant	4
1:55.54	58		06/06/09	South East Wales Junior	Newport	4