

# Individual Best Times (All Time)

Elizabeth Arnold - (797752) - Swansea University SC - 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 |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 57.86   | 655    | F     | 01/12/18 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 58.22   | 642    | H     | 01/12/18 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 58.35   | 638    | F     | 08/12/18 | NSL Western Premier Division Final               | Newport        | Swansea Aq      | 3     |
| 58.44   | 635    | H     | 30/11/19 | Swim Wales Short Course Championships            | WNPS           | Swansea Uni     | 2     |
| 1:00.00 | 587    | F     | 04/12/16 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 1:00.17 | 582    | F     | 10/03/19 | Llanelli Open Meet 2019                          | Llanelli       | Swansea Aq      | 2     |
| 1:00.61 | 569    | H     | 04/12/16 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 1:00.63 | 569    | F     | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea        | Swansea Aq      | 1     |
| 1:00.74 | 566    | H     | 12/03/17 | Llanelli Open Meet                               | Llanelli       | Swansea Aq      | 2     |
| 1:00.75 | 565    | F     | 10/09/17 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:00.78 | 565    | F     | 12/03/17 | Llanelli Open Meet                               | Llanelli       | Swansea Aq      | 2     |
| 1:00.89 | 562    | F     | 30/09/18 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:01.00 | 559    | H     | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea        | Swansea Aq      | 1     |
| 1:01.12 | 555    | F     | 22/09/19 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:01.70 | 540    | H     | 01/02/15 | SWWR Regional Championships                      | Haverford West | Swansea Aq      | 2     |
| 1:01.87 | 535    | F     | 11/03/18 | Llanelli Open Meet 2018                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.11 | 529    | F     | 01/02/15 | SWWR Regional Championships                      | Haverford West | Swansea Aq      | 2     |
| 1:02.20 | 527    | F     | 18/10/14 | Swim Swansea Club Championships                  | Penlan         | Swansea Aq      | 4     |
| 1:02.21 | 527    | H     | 28/02/15 | Llanelli Open Meet 2015                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.23 | 526    | H     | 11/03/18 | Llanelli Open Meet 2018                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.29 | 524    | F     | 11/09/16 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:02.29 | 524    | F     | 11/09/16 | Swansea Aquatics Development Series 2017         | Penlan         | Swansea Aq      | 3     |
| 1:02.81 | 512    | F     | 18/10/15 | Swim Swansea Club Championships                  | Swansea        | Swansea Aq      | 3     |
| 1:03.41 | 497    | F     | 28/02/15 | Llanelli Open Meet 2015                          | Llanelli       | Swansea Aq      | 2     |
| 1:03.80 | 488    | F     | 28/02/16 | Llanelli Open Meet 2016                          | Llanelli       | Swansea Aq      | 2     |
| 1:04.30 | 477    | F     | 01/03/14 | Llanelli Open Meet 2014                          | Llanelli       | Swansea Aq      | 2     |
| 1:04.33 | 476    | F     | 01/02/14 | West Wales Regional Championships                | Haverford West | Swansea Aq      | 2     |

|         |     |   |          |                                     |               |            |   |
|---------|-----|---|----------|-------------------------------------|---------------|------------|---|
| 1:04.52 | 470 | F | 01/02/14 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:04.53 | 472 | H | 01/03/14 | Llanelli Open Meet 2014             | Llanelli      | Swansea Aq | 2 |
| 1:05.06 | 460 | F | 20/10/13 | Swim Swansea Club Championships     | Penlan        | Swansea Aq | 4 |
| 1:05.52 | 451 | H | 28/02/16 | Llanelli Open Meet 2016             | Llanelli      |            | 2 |
| 1:05.61 | 449 | H | 01/02/14 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:08.17 | 400 | H | 02/03/13 | Llanelli Open Meet 2013             | Llanelli      | Swansea Aq | 2 |
| 1:09.07 | 385 | H | 02/02/13 | West Wales Championships            | Haverfordwest | Swansea Aq | 2 |
| 1:09.14 | 383 | F | 02/03/13 | Llanelli Open Meet 2013             | Llanelli      | Swansea Aq | 2 |
| 1:09.87 | 371 | F | 02/02/13 | West Wales Championships            | Haverfordwest | Swansea Aq | 2 |
| 1:12.99 | 326 | H | 10/03/12 | Llanelli Open                       | Llanelli      | Swansea Aq | 2 |
| 1:13.63 | 317 | F | 29/09/12 | Swim Swansea Club Championships     | Swansea       | Swansea Aq | 4 |
| 1:15.17 | 298 | F | 04/02/12 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:16.17 | 287 | H | 04/02/12 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:16.36 | 284 | F | 04/12/11 | West Wales Sub Regional Competition | Haverfordwest | Swansea Aq | 4 |
| 1:19.51 | 252 | F | 18/06/11 | West Wales Junior Development Meet  | Penlan        | Swansea Aq | 4 |
| 1:21.69 | 232 | F | 24/09/11 | Swim Swansea Club Champs            | Penlan        | Swansea Aq | 4 |
| 1:23.27 | 219 | H | 05/02/11 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:28.51 | 182 | F | 05/12/10 | West Wales Sub Regional             | Penlan        | Swansea Aq | 4 |
| 1:40.51 | 124 | F | 25/09/10 | Swim Swansea Club Champs            | Penlan        | Swansea Aq | 4 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue          | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 58.44   | 635    | H     | 30/11/19 | Swim Wales Short Course Championships            | WNPS           | Swansea Uni     | 2     |
| 1:01.12 | 555    | F     | 22/09/19 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:00.17 | 582    | F     | 10/03/19 | Llanelli Open Meet 2019                          | Llanelli       | Swansea Aq      | 2     |
| 58.35   | 638    | F     | 08/12/18 | NSL Western Premier Division Final               | Newport        | Swansea Aq      | 3     |
| 57.86   | 655    | F     | 01/12/18 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 58.22   | 642    | H     | 01/12/18 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 1:00.89 | 562    | F     | 30/09/18 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:01.87 | 535    | F     | 11/03/18 | Llanelli Open Meet 2018                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.23 | 526    | H     | 11/03/18 | Llanelli Open Meet 2018                          | Llanelli       | Swansea Aq      | 2     |
| 1:00.75 | 565    | F     | 10/09/17 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:00.78 | 565    | F     | 12/03/17 | Llanelli Open Meet                               | Llanelli       | Swansea Aq      | 2     |
| 1:00.74 | 566    | H     | 12/03/17 | Llanelli Open Meet                               | Llanelli       | Swansea Aq      | 2     |
| 1:00.00 | 587    | F     | 04/12/16 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 1:00.61 | 569    | H     | 04/12/16 | Swim Wales Short Course Championships            | Swansea        | Swansea Aq      | 2     |
| 1:02.29 | 524    | F     | 11/09/16 | Swansea Aquatics Development Series 2017         | Penlan         | Swansea Aq      | 3     |
| 1:02.29 | 524    | F     | 11/09/16 | Swansea Aquatics Club Championships              | Penlan         | Swansea Aq      | 3     |
| 1:03.80 | 488    | F     | 28/02/16 | Llanelli Open Meet 2016                          | Llanelli       | Swansea Aq      | 2     |
| 1:05.52 | 451    | H     | 28/02/16 | Llanelli Open Meet 2016                          | Llanelli       |                 | 2     |
| 1:02.81 | 512    | F     | 18/10/15 | Swim Swansea Club Championships                  | Swansea        | Swansea Aq      | 3     |
| 1:03.41 | 497    | F     | 28/02/15 | Llanelli Open Meet 2015                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.21 | 527    | H     | 28/02/15 | Llanelli Open Meet 2015                          | Llanelli       | Swansea Aq      | 2     |
| 1:02.11 | 529    | F     | 01/02/15 | SWWR Regional Championships                      | Haverford West | Swansea Aq      | 2     |
| 1:01.70 | 540    | H     | 01/02/15 | SWWR Regional Championships                      | Haverford West | Swansea Aq      | 2     |
| 1:00.63 | 569    | F     | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea        | Swansea Aq      | 1     |
| 1:01.00 | 559    | H     | 21/12/14 | British Gas Swim Wales Open Winter Championships | Swansea        | Swansea Aq      | 1     |
| 1:02.20 | 527    | F     | 18/10/14 | Swim Swansea Club Championships                  | Penlan         | Swansea Aq      | 4     |
| 1:04.30 | 477    | F     | 01/03/14 | Llanelli Open Meet 2014                          | Llanelli       | Swansea Aq      | 2     |
| 1:04.53 | 472    | H     | 01/03/14 | Llanelli Open Meet 2014                          | Llanelli       | Swansea Aq      | 2     |
| 1:04.32 | 476    | F     | 01/02/14 | West Wales Regional Championships                | Haverfordwest  | Swansea Aq      | 2     |
| 1:05.61 | 449    | H     | 01/02/14 | West Wales Regional Championships                | Haverfordwest  | Swansea Aq      | 2     |
| 1:05.06 | 460    | F     | 20/10/13 | Swim Swansea Club Championships                  | Penlan         | Swansea Aq      | 4     |

|         |     |   |          |                                     |               |            |   |
|---------|-----|---|----------|-------------------------------------|---------------|------------|---|
| 1:09.14 | 383 | F | 02/03/13 | Llanelli Open Meet 2013             | Llanelli      | Swansea Aq | 2 |
| 1:08.17 | 400 | H | 02/03/13 | Llanelli Open Meet 2013             | Llanelli      | Swansea Aq | 2 |
| 1:09.87 | 371 | F | 02/02/13 | West Wales Championships            | Haverfordwest | Swansea Aq | 2 |
| 1:09.07 | 385 | H | 02/02/13 | West Wales Championships            | Haverfordwest | Swansea Aq | 2 |
| 1:13.63 | 317 | F | 29/09/12 | Swim Swansea Club Championships     | Swansea       | Swansea Aq | 4 |
| 1:12.99 | 326 | H | 10/03/12 | Llanelli Open                       | Llanelli      | Swansea Aq | 2 |
| 1:15.17 | 298 | F | 04/02/12 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:16.17 | 287 | H | 04/02/12 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:16.36 | 284 | F | 04/12/11 | West Wales Sub Regional Competition | Haverfordwest | Swansea Aq | 4 |
| 1:21.69 | 232 | F | 24/09/11 | Swim Swansea Club Champs            | Penlan        | Swansea Aq | 4 |
| 1:19.51 | 252 | F | 18/06/11 | West Wales Junior Development Meet  | Penlan        | Swansea Aq | 4 |
| 1:23.27 | 219 | H | 05/02/11 | West Wales Regional Championships   | Haverfordwest | Swansea Aq | 2 |
| 1:28.51 | 182 | F | 05/12/10 | West Wales Sub Regional             | Penlan        | Swansea Aq | 4 |
| 1:40.51 | 124 | F | 25/09/10 | Swim Swansea Club Champs            | Penlan        | Swansea Aq | 4 |