

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 50 Backstroke - 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
33.60	284	H	09/02/20	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
33.66	283	H	01/12/18	Swim Wales Short Course Championships	Swansea	Nofio S Gar	2
33.84	278	F	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
34.22	269	F	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
34.25	269	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Carmarthen	2
34.37	266	H	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
34.54	262	F	06/10/18	Llanelli Autumn Meet 2018	Llanelli	Carmarthen	3
34.55	262	F	05/10/19	Llanelli Autumn Meet 2019	Llanelli	Carmarthen	3
34.89	254	F	13/07/19	Carmarthen Club Champs 2019	Carmarthen	Carmarthen	3
35.74	236	H	11/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
36.67	219	F	24/06/17	Carmarthen Club Championships 2017	Carmarthen	Carmarthen	3
38.10	195	F	05/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
38.47	189	H	04/12/16	Swim Wales Short Course Championships	Swansea	Nofio S Gar	2
38.54	188	H	05/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
39.24	178	F	27/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
39.45	176	F	06/11/16	Welsh Capital Open Meet	Cardiff	Carmarthen	2
43.49	131	F	25/06/16	Carmarthen Club Championships 2016	Carmarthen	Carmarthen	3
43.72	129	F	05/06/16	Amman Valley Open Meet 2016	Carmarthen	Carmarthen	3
44.40	123	F	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
46.18	109	F	24/05/15	Amman Valley Open Meet 2015	Carmarthen	Carmarthen	3
47.38	101	F	27/06/15	Carmarthen Club Championships	Carmarthen	Carmarthen	3
48.22	96	F	17/01/15	Celtic Dolphins Sprint Meet 2015	Neath	Carmarthen	3
50.54	83	F	01/06/14	Amman Valley Open Meet 2014	Carmarthen	Carmarthen	4
50.57	83	F	05/10/14	Llanelli Autumn Meet 2014	Llanelli	Carmarthen	4
50.57	83	F	05/10/14	Llanelli Open Meet 2015	Llanelli	Carmarthen	2
52.42	75	F	28/06/14	Carmarthen SC Club Championships 2014	Carmarthen	Carmarthen	4
54.86	65	F	12/04/14	West Wales Region NT Gala 2014	Carmarthen	Carmarthen	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
33.60	284	H	09/02/20	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
34.55	262	F	05/10/19	Llanelli Autumn Meet 2019	Llanelli	Carmarthen	3
34.89	254	F	13/07/19	Carmarthen Club Champs 2019	Carmarthen	Carmarthen	3
34.22	269	F	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
34.37	266	H	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
33.66	283	H	01/12/18	Swim Wales Short Course Championships	Swansea	Nofio S Gar	2
33.84	278	F	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
34.25	269	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Carmarthen	2
34.54	262	F	06/10/18	Llanelli Autumn Meet 2018	Llanelli	Carmarthen	3
35.74	236	H	11/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
36.67	219	F	24/06/17	Carmarthen Club Championships 2017	Carmarthen	Carmarthen	3
38.10	195	F	05/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
38.54	188	H	05/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
38.47	189	H	04/12/16	Swim Wales Short Course Championships	Swansea	Nofio S Gar	2
39.24	178	F	27/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
39.45	176	F	06/11/16	Welsh Capital Open Meet	Cardiff	Carmarthen	2
43.49	131	F	25/06/16	Carmarthen Club Championships 2016	Carmarthen	Carmarthen	3
43.72	129	F	05/06/16	Amman Valley Open Meet 2016	Carmarthen	Carmarthen	3
44.40	123	F	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
47.38	101	F	27/06/15	Carmarthen Club Championships	Carmarthen	Carmarthen	3
46.18	109	F	24/05/15	Amman Valley Open Meet 2015	Carmarthen	Carmarthen	3
48.22	96	F	17/01/15	Celtic Dolphins Sprint Meet 2015	Neath	Carmarthen	3
50.57	83	F	05/10/14	Llanelli Autumn Meet 2014	Llanelli	Carmarthen	4
50.57	83	F	05/10/14	Llanelli Open Meet 2015	Llanelli	Carmarthen	2
52.42	75	F	28/06/14	Carmarthen SC Club Championships 2014	Carmarthen	Carmarthen	4
50.54	83	F	01/06/14	Amman Valley Open Meet 2014	Carmarthen	Carmarthen	4
54.86	65	F	13/04/14	West Wales Region NT Gala 2014	Carmarthen	Carmarthen	4