Individual Best Times (All Time)

Sally Aspden - (950097) - Flixton SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.81	32.50	374	18/03/17	Satellites of Macclesfield 30th Open Meet	Macclesfield	NW170469	3
100 Freestyle	1:11.63	1:12.80	345	20/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
200 Freestyle	2:38.78	2:41.00	335	14/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
800 Freestyle	12:30.68	12:38.40	257	12/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
50 Breaststroke	45.44	46.10	243	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
100 Breaststroke	1:42.12	1:43.40	227	16/05/15	Flixton SC Club Championship Sprint Meet	Flixton	NW150861	4
200 Breaststroke	4:11.51	4:13.60	153	09/02/14	Flixton Club Championships Distance Meet	Urmston	NW4319	4
50 Butterfly	36.84	37.40	289	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
100 Butterfly	1:37.60	1:38.40	169	17/05/15	Flixton SC Club Championship Sprint Meet	Flixton	NW150861	4
200 Butterfly	3:37.19	3:38.60	167	15/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
50 Backstroke	41.86	42.30	219	10/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150007	3
200 Backstroke	3:20.50	3:22.20	208	09/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
200 Individual Medley	3:04.44	3:06.60	288	19/11/17	Flixton Club Championship Distance Meet	Urmston	NW171145	4
400 Individual Medley	6:45.15	6:49.50	261	14/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
100 Individual Medley	1:25.64	1:25.60	287	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4