

Individual Best Times (All Time)

Francesca Shires - (1102222) - Poole SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.14	28.40	531	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
100 Freestyle	1:03.50	1:02.20	540	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:18.89	2:16.40	536	08/02/20	The 2020 Middlesex County Championships	London	LR200152	1
400 Freestyle	4:52.71	4:47.90	519	26/05/19	City of Cardiff International Open Meet	Cardiff	WL190057	1
800 Freestyle	10:21.89	10:12.50	473	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
50 Breaststroke	39.78	39.00	393	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
100 Breaststroke	1:25.80	1:24.30	417	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Breaststroke	3:07.25	3:04.40	396	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
50 Butterfly	31.77	31.20	454	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Backstroke	33.26	32.70	526	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
100 Backstroke	1:12.18	1:11.10	501	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Backstroke	2:36.35	2:34.20	488	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Individual Medley	2:37.49	2:35.00	513	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.47	29.20	522	08/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
100 Freestyle	1:02.30	1:03.60	524	22/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Freestyle	2:15.74	2:18.30	536	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
400 Freestyle	4:42.58	4:47.50	548	08/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
800 Freestyle	10:16.06	10:25.40	465	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
50 Breaststroke	37.12	38.00	446	15/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
100 Breaststroke	1:25.50	1:27.00	387	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
200 Breaststroke	2:57.52	3:00.50	435	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
50 Butterfly	31.24	31.80	475	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Butterfly	1:17.09	1:18.10	344	14/10/18	Hillingdon SC Main Club Champs 2018	Uxbridge	LR180405	4
200 Butterfly	3:10.32	3:12.00	248	09/07/17	RNSS House Club Champs 2017	Northwood	LR170544	4
50 Backstroke	32.28	32.90	478	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Backstroke	1:09.51	1:10.70	492	17/11/19	The Royals Autumn Open Meet 2019	Elmbridge Xcel	LR192487	3
200 Backstroke	2:27.55	2:29.80	523	16/11/19	The Royals Autumn Open Meet 2019	Elmbridge Xcel	LR192487	3
200 Individual Medley	2:32.51	2:35.10	510	02/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Individual Medley	6:01.10	6:05.90	368	04/02/17	MCASA County Championships	Enfield	LR170008	2
100 Individual Medley	1:28.65	1:28.70	259	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3