

Individual Best Times (All Time)

Freya Newman - (1109588) - Newmarket & Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.68	1:07.40	426	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
400 Freestyle	5:05.18	5:00.50	458	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
800 Freestyle	10:47.37	10:38.40	419	19/01/19	Suffolk County Championships 2019	Norwich	ER190365	1
1500 Freestyle	20:36.90	20:20.10	412	20/01/19	Suffolk County Championships 2019	Norwich	ER190365	1
50 Breaststroke	51.85	51.20	177	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
100 Butterfly	1:37.92	1:37.10	181	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
200 Individual Medley	2:47.90	2:45.50	423	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.76	32.40	376	14/07/19	Newmarket & District July Festival Sprint Meet	Newmarket	ER191546	3
100 Freestyle	1:07.26	1:08.50	417	14/04/19	Newmarket & District April Open Meet	Newmarket	ER190484	3
200 Freestyle	2:23.55	2:26.00	453	24/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
400 Freestyle	5:02.62	5:07.20	446	24/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
800 Freestyle	10:23.96	10:33.20	447	22/09/19	Newmarket Endurance Club Champs	Newmarket	ER193015	4
1500 Freestyle	19:45.31	20:02.60	449	23/09/19	Newmarket Endurance Club Champs	Newmarket	ER193253	4
50 Breaststroke	46.08	46.80	233	14/07/19	Newmarket & District July Festival Sprint Meet	Newmarket	ER191546	3
100 Breaststroke	1:39.01	1:40.30	249	02/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191839	4
200 Breaststroke	3:28.11	3:30.60	270	03/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191840	4
50 Butterfly	34.60	35.10	349	15/03/20	Dunmow Atlantis March Madness	Braintree	ER200221	3
100 Butterfly	1:19.78	1:20.70	310	24/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
200 Butterfly	3:07.03	3:08.70	261	30/06/19	Suffolk Development Meet	Ipswich	ER191853	3
50 Backstroke	37.49	38.00	305	08/12/19	Newmarket December Open	Newmarket	ER192844	3
100 Backstroke	1:22.54	1:23.50	294	06/01/18	Sudbury & District January Last Chance Time Trial	Sudbury	ER180349	3
200 Backstroke	2:46.90	2:48.90	361	05/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191842	4
200 Individual Medley	2:46.60	2:49.00	391	15/03/20	Dunmow Atlantis March Madness	Braintree	ER200221	3
400 Individual Medley	5:58.05	6:02.90	378	02/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191839	4
100 Individual Medley	1:20.16	1:20.20	350	08/12/19	Newmarket December Open	Newmarket	ER192844	3