

Individual Best Times (All Time)

Freya Ovenstone - (1146121) - Richmond Dales ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.46	29.80	465	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
100 Freestyle	1:06.00	1:04.70	480	28/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
200 Freestyle	2:23.51	2:21.10	486	24/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
400 Freestyle	5:04.01	4:59.40	464	28/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
50 Breaststroke	38.75	37.90	426	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Breaststroke	1:26.23	1:24.80	411	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Breaststroke	3:04.68	3:01.80	413	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
50 Butterfly	34.23	33.70	363	24/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
50 Backstroke	36.67	36.10	392	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Backstroke	1:16.38	1:15.30	422	28/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
200 Backstroke	2:44.89	2:42.90	416	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
200 Individual Medley	2:44.36	2:41.90	451	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
400 Individual Medley	6:01.49	5:56.60	397	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.35	30.10	476	07/04/18	Gaw Spring Meet	Dunston	NE180771	3
100 Freestyle	1:04.84	1:06.10	465	09/12/18	Middlesbrough Christmas 2018 Gala	The Neptune Centre	NE182126	3
200 Freestyle	2:19.64	2:22.10	492	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
400 Freestyle	4:50.32	4:55.10	505	28/09/19	RDASC Back to Pool Gala	Middlesbrough	NE192021	2
800 Freestyle	10:50.04	10:58.90	396	11/01/19	RICHMOND DALES WINTER CLUB GALA	Catterick	NE191154	4
50 Breaststroke	38.10	38.90	412	09/12/18	Middlesbrough Christmas 2018 Gala	The Neptune Centre	NE182126	3
100 Breaststroke	1:22.98	1:24.50	424	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Breaststroke	2:55.01	2:58.00	454	29/09/18	Richmond Dales Back to School Gala	Middlesborough	NE182120	2
50 Butterfly	33.11	33.70	399	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
100 Butterfly	1:16.95	1:17.90	346	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
50 Backstroke	35.09	35.70	372	14/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172049	2
100 Backstroke	1:13.94	1:15.00	409	07/04/18	Gaw Spring Meet	Dunston	NE180771	3
200 Backstroke	2:36.00	2:38.10	443	17/06/18	Middlesbrough June 2018 Meet	The Neptune Centre	NE180011	3
200 Individual Medley	2:40.19	2:42.60	440	30/09/18	Richmond Dales Back to School Gala	Middlesborough	NE182120	2
400 Individual Medley	5:33.61	5:38.80	467	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
100 Individual Medley	1:13.80	1:13.80	448	13/10/18	BOSSS Winter Swim Festival 2018	Billingham	NE181462	2