

Individual Best Times (All Time)

Sienna Treglohan - (1152683) - Cheshunt Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.49	30.80	421	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Freestyle	1:11.39	1:10.20	380	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
200 Freestyle	2:37.53	2:35.30	367	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
400 Freestyle	5:20.33	5:15.90	396	16/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1
50 Backstroke	35.21	34.60	443	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Backstroke	1:16.51	1:15.50	420	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
200 Backstroke	2:46.63	2:44.60	403	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.57	31.20	422	02/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3
100 Freestyle	1:07.04	1:08.30	421	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
200 Freestyle	2:27.34	2:29.70	419	02/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3
400 Freestyle	5:10.44	5:14.90	413	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
800 Freestyle	10:36.17	10:45.20	422	05/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
50 Breaststroke	42.12	42.90	305	24/06/17	Hoddesdon Summer Sprint	Harlow	ER170856	3
100 Breaststroke	1:39.07	1:40.30	249	02/10/16	Cheshunt Club Championships 2016	Cheshunt	ER161905	4
200 Breaststroke	3:45.63	3:48.00	212	29/11/15	Epping Forest District SC	Loughton	ER151117	4
50 Butterfly	35.06	35.60	336	09/07/17	Cheshunt Sprint Championships 2017	Cheshunt	ER171015	4
100 Butterfly	1:28.40	1:29.30	228	02/10/16	Cheshunt Club Championships 2016	Cheshunt	ER161905	4
50 Backstroke	34.27	34.90	399	29/10/16	Cheshunt Open Meet	Harlow	ER160277	3
100 Backstroke	1:13.52	1:14.60	416	18/03/17	Watford Regional Qualifier	Watford	ER170103	3
200 Backstroke	2:39.71	2:41.80	413	19/03/17	Watford Regional Qualifier	Watford	ER170103	3
200 Individual Medley	2:52.75	2:55.00	351	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
400 Individual Medley	6:01.95	6:06.80	366	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
100 Individual Medley	1:17.79	1:17.80	383	24/06/17	Hoddesdon Summer Sprint	Harlow	ER170856	3