

Individual Best Times (All Time)

Sienna Ho-Shing - (1176780) - Spenborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.62	27.90	561	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Freestyle	1:01.13	59.70	605	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Freestyle	2:13.87	2:11.30	599	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
400 Freestyle	4:43.90	4:38.90	569	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
800 Freestyle	10:14.84	10:05.40	490	05/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
50 Breaststroke	35.31	34.40	563	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Breaststroke	1:16.52	1:14.90	588	03/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Breaststroke	2:46.45	2:43.20	564	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
50 Butterfly	31.13	30.50	483	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Butterfly	1:10.81	1:09.70	480	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
200 Butterfly	2:34.22	2:32.20	492	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
50 Backstroke	34.94	34.40	454	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:13.22	1:12.10	480	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
200 Backstroke	2:38.96	2:36.80	464	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
200 Individual Medley	2:29.62	2:27.00	598	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
400 Individual Medley	5:12.49	5:06.80	615	02/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.57	29.30	516	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Freestyle	59.89	1:01.30	590	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
200 Freestyle	2:11.05	2:13.70	596	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
400 Freestyle	4:35.80	4:40.80	589	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
800 Freestyle	9:52.08	10:01.80	524	23/10/20	City Of Leeds SC	John Charles Centre	LEX018	0
1500 Freestyle	18:59.83	19:17.80	505	23/10/20	City Of Leeds SC	John Charles Centre	LEX018	0
50 Breaststroke	35.57	36.40	507	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Breaststroke	1:16.35	1:18.00	544	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
200 Breaststroke	2:44.76	2:47.90	544	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
50 Butterfly	31.20	31.80	477	07/11/21	BONFIRE BASH	JOHN CHARLES CENTRE	NE210258	3
100 Butterfly	1:12.04	1:13.10	422	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Butterfly	2:31.97	2:34.00	487	23/10/20	City Of Leeds SC	John Charles Centre	LEX018	0
50 Backstroke	34.28	34.90	399	07/11/21	BONFIRE BASH	JOHN CHARLES CENTRE	NE210258	3
100 Backstroke	1:12.42	1:13.50	435	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Backstroke	2:39.77	2:41.80	412	23/10/20	City Of Leeds SC	John Charles Centre	LEX018	0
200 Individual Medley	2:26.47	2:29.10	575	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
400 Individual Medley	5:17.18	5:22.70	544	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Individual Medley	1:11.07	1:11.10	502	07/11/21	BONFIRE BASH	JOHN CHARLES CENTRE	NE210258	3