

Individual Best Times (All Time)

Holly Popham - (1184719) - Caerphilly County Swim Squad

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
100 Freestyle	2:14.66	2:15.30	51	05/04/14	South East Wales No Time Gala	Newport	WAL557	4
100 Backstroke	2:22.16	2:22.70	57	05/04/14	South East Wales No Time Gala	Newport	WAL557	4