

Individual Best Times (All Time)

Ffion Miller - (1208991) - Tilehurst SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.98	28.30	540	14/03/20	2020 Wycombe Long Course Premier Meet	Wycombe	SE200376	1
100 Freestyle	1:03.20	1:01.90	547	12/01/20	BSBASA County Championships	Wycombe	SE200053	1
200 Freestyle	2:16.14	2:13.60	569	14/03/20	2020 Wycombe Long Course Premier Meet	Wycombe	SE200376	1
50 Breaststroke	40.26	39.50	379	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
100 Breaststroke	1:26.69	1:25.20	404	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
200 Breaststroke	3:07.55	3:04.70	394	27/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
50 Butterfly	31.61	31.00	461	29/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230050	1
100 Butterfly	1:11.20	1:10.10	473	14/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230049	1
50 Backstroke	42.21	41.70	257	16/04/16	Bracknell Wokingham Spring L3 Meet	Aldershot	SE160362	3
200 Individual Medley	2:46.34	2:43.90	435	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.78	28.50	562	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	1:01.50	1:02.80	545	03/07/21	Tilehurst	Crosfields	LEX2920	0
200 Freestyle	2:15.22	2:17.80	542	19/11/21	Tilehurst SC Club Championships 2021	Crosfields School	SE211422	4
400 Freestyle	5:29.49	5:33.70	345	10/07/16	Tilehurst Club Sprint Meet	Reading	SE161465	4
50 Breaststroke	38.79	39.60	391	09/07/17	Tilehurst Club Sprint Meet	Reading	SE171059	4
100 Breaststroke	1:24.24	1:25.70	405	11/11/17	NASLS - ROUND TWO	WATERLOOVILLE	SE172511	3
200 Breaststroke	3:04.36	3:07.20	388	26/11/17	Tilehurst Club Championships	Reading	SE172507	4
50 Butterfly	30.37	31.00	517	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:08.10	1:09.20	499	04/07/21	Tilehurst	Crosfields	LEX2920	0
200 Butterfly	2:49.71	2:51.60	350	24/11/19	TSC Club Championships	Reading	SE192784	4
50 Backstroke	36.01	36.60	344	23/11/19	TSC Club Championships	Reading	SE192784	4
100 Backstroke	1:19.50	1:20.50	329	24/11/19	TSC Club Championships	Reading	SE192784	4
200 Backstroke	2:47.20	2:49.20	359	23/11/19	TSC Club Championships	Reading	SE192784	4
200 Individual Medley	2:40.28	2:42.70	439	23/11/19	TSC Club Championships	Reading	SE192784	4
100 Individual Medley	1:13.97	1:14.00	445	07/07/19	Tilehurst Sprint Meet 7th July 2019	Reading	SE191643	4