

Individual Best Times (All Time)

Seren Armstrong - (1210519) - Clitheroe Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	47.27	46.60	234	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3
50 Butterfly	43.83	43.40	173	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.49	35.10	293	16/06/19	Garstang Medals Gala	Blackpool	NW191604	3
100 Freestyle	1:36.75	1:37.60	140	01/11/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
200 Freestyle	3:11.29	3:13.10	191	19/03/16	Wirral Metro Spring Meet 2016 (L3)	Birkenhead	NW160270	3
50 Breaststroke	44.83	45.50	253	16/06/19	Garstang Medals Gala	Blackpool	NW191604	3
100 Breaststroke	1:35.12	1:36.40	281	02/12/18	PSC Christmas Countdown - L3 OPEN MEET	Darwen	NW182357	3
200 Breaststroke	3:19.98	3:22.60	304	10/06/18	PSC Summer Spectacular - L3 Open Meet	Darwen	NW180480	3
50 Butterfly	39.77	40.20	230	02/12/18	PSC Christmas Countdown - L3 OPEN MEET	Darwen	NW182357	3
100 Butterfly	1:37.15	1:37.90	172	28/10/17	City of Salford Potential Olympians 2017	Broughton	NW170739	3
50 Backstroke	42.96	43.40	203	19/03/17	Wirral Metro Development Meet	Birkenhead	NW170318	3
200 Individual Medley	3:01.95	3:04.10	300	10/06/18	PSC Summer Spectacular - L3 Open Meet	Darwen	NW180480	3
100 Individual Medley	1:26.35	1:26.30	280	16/06/19	Garstang Medals Gala	Blackpool	NW191604	3