

Individual Best Times (All Time)

Miriam Stratfold - (1218474) - Newmarket & Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.84	30.20	448	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Freestyle	1:07.86	1:06.60	442	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
200 Freestyle	2:43.19	2:41.00	330	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
50 Breaststroke	37.15	36.30	483	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
100 Breaststroke	1:22.47	1:20.90	470	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Breaststroke	2:56.09	2:53.10	476	08/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
50 Butterfly	34.69	34.10	349	14/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
200 Butterfly	3:19.74	3:18.10	226	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
50 Backstroke	37.43	36.90	369	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Backstroke	1:24.76	1:23.80	309	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Backstroke	3:37.36	3:35.80	181	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Individual Medley	2:49.16	2:46.80	414	14/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.07	30.80	443	30/03/19	Norwich Swan Open Meet 2019	UEA Sports Park	ER190198	3
100 Freestyle	1:04.74	1:06.00	467	30/03/19	Norwich Swan Open Meet 2019	UEA Sports Park	ER190198	3
200 Freestyle	2:21.41	2:23.80	474	09/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
400 Freestyle	5:19.05	5:23.40	381	04/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191841	4
50 Breaststroke	36.32	37.20	476	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
100 Breaststroke	1:20.09	1:21.60	472	07/12/19	Newmarket December Open	Newmarket	ER192844	3
200 Breaststroke	2:53.69	2:56.70	465	01/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
50 Butterfly	33.92	34.50	371	01/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
100 Butterfly	1:21.98	1:22.90	286	24/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
200 Butterfly	3:04.70	3:06.40	271	04/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191841	4
50 Backstroke	36.02	36.60	344	03/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191840	4
100 Backstroke	1:20.05	1:21.00	322	24/05/21	Newmarket	Newmarket	LEX1643	0
200 Backstroke	2:54.66	2:56.60	315	05/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191842	4
200 Individual Medley	2:40.51	2:43.00	437	26/01/20	Suffolk ASA County Championships 2020	Ipswich	ER200344	2
400 Individual Medley	6:10.91	6:15.60	340	02/06/19	Newmarket & District Sprint Club Championships	Newmarket LC	ER191839	4
100 Individual Medley	1:13.41	1:13.40	456	25/01/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2