

Individual Best Times (All Time)

Molly Checkley - (1218901) - Newquay Cormorants SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	35.29	34.70	331	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3
100 Butterfly	1:18.35	1:17.40	355	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3
200 Butterfly	2:46.03	2:44.10	394	02/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.46	33.10	352	06/10/19	CARN BREA & HELSTON 34TH OPEN MEET	Bodmin	SW191707	2
100 Freestyle	1:09.21	1:10.40	382	05/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211215	3
200 Freestyle	2:26.31	2:28.70	428	06/02/22	2022 CCASA County Championships & Age Groups	Bodmin	SW220135	2
400 Freestyle	5:05.99	5:10.50	431	04/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211215	3
800 Freestyle	10:33.75	10:42.80	427	18/01/20	2020 CCASA County Champs and Age Groups Comp	Penzance	SW200441	2
1500 Freestyle	21:08.72	21:24.90	366	11/11/23	North Cornwall Dragons & Newquay Open Meet 2023	Bodmin	SW231813	3
50 Breaststroke	1:03.19	1:03.70	90	18/06/17	Newquay, Cornwall & St Ives Club Championships	Bodmin	SW171506	4
100 Breaststroke	2:07.62	2:08.60	116	25/06/17	Newquay, Cornwall & St Ives Club Championships	Bodmin	SW171507	4
200 Breaststroke	4:20.12	4:22.20	138	07/05/17	Newquay Cormorants Open Meet	Bodmin	SW170864	3
50 Butterfly	35.77	36.30	316	02/10/22	Carn Brea & Helston 35th Open Meet	Bodmin	SW220541	2
100 Butterfly	1:15.81	1:16.80	362	13/02/22	2022 CCASA County Championships & Age Groups	Bodmin	SW220137	2
200 Butterfly	2:44.49	2:46.40	384	20/11/21	Carn Brea & Helston SC 2021 Winter Open Meet	Penzance	SW210721	3
50 Backstroke	39.14	39.70	268	10/02/19	Cornwall County ASA Championships	Bodmin	SW190084	2
100 Backstroke	1:22.13	1:23.10	298	30/06/19	Newquay Cormorants Combined Club Champs	Bodmin	SW191994	4
200 Backstroke	3:02.21	3:04.00	278	03/02/19	Cornwall County ASA Championships	Bodmin	SW190082	2
200 Individual Medley	3:20.08	3:22.00	225	23/06/18	Newquay Cormorants & Nth Cornwall Dragons CC	Dragon LC	SW181540	4
100 Individual Medley	1:34.47	1:34.50	214	25/11/18	North Cornwall Dragons Open Meet	Bodmin	SW182387	3