

Individual Best Times (All Time)

Lilia Stredwick - (1292152) - Wey Valley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	476	22/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
100 Freestyle	1:06.38	1:05.10	472	25/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley	SE221387	3
200 Freestyle	3:01.79	2:59.90	239	29/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3
400 Freestyle	5:54.07	5:50.10	293	29/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
50 Backstroke	34.33	33.70	478	21/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
100 Backstroke	1:15.10	1:14.00	444	22/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
200 Backstroke	3:10.40	3:08.60	270	30/09/18	Lis Hartley Long Course Open Meet	Crawley	SE180015	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.19	29.90	484	22/05/22	Cranleigh ASC Summer Open Meet	Cranleigh	SE220791	3
100 Freestyle	1:02.80	1:04.10	512	22/05/22	Cranleigh ASC Summer Open Meet	Cranleigh	SE220791	3
200 Freestyle	2:19.42	2:21.90	495	16/10/22	Cranleigh ASC Oct 2022 Open Meet	Cranleigh	SE221719	3
400 Freestyle	5:09.49	5:14.00	417	27/03/22	Guildford City SC Regional Qualifier	Spectrum LC	SE220192	3
800 Freestyle	10:31.41	10:40.50	432	12/06/22	Wey Valley SC 800m Free Invitational Time Trial	Godalming	SE221152	4
50 Breaststroke	41.12	41.90	328	26/06/21	Box Hill	Spectrum	LEX2478	0
100 Breaststroke	1:49.28	1:50.40	185	24/11/18	Box Hill Club Championships	Guildford	SE180760	4
200 Breaststroke	3:38.12	3:40.50	234	09/11/19	Deben Open 2019	Ipswich	ER192172	3
50 Butterfly	36.01	36.50	310	02/07/22	Wey Valley SC Summer Sprints	Guildford	SE221058	4
100 Butterfly	1:23.26	1:24.20	273	02/12/23	Wey Valley Club Champs 2023	Godalming	SE232117	4
50 Backstroke	33.25	33.80	437	10/10/21	Cranleigh ASC Oct 2021 Open Meet	Cranleigh	SE210316	3
100 Backstroke	1:11.88	1:13.00	445	22/05/22	Cranleigh ASC Summer Open Meet	Cranleigh	SE220791	3
200 Backstroke	2:42.52	2:44.60	391	06/11/22	Wey Valley SC Club Championships 2022	Godalming	SE222190	4
100 Individual Medley	1:13.68	1:13.70	451	26/06/21	Box Hill	Spectrum	LEX2478	0