

Individual Best Times (All Time)

Vanessa Armah - (1360404) - Stafford Apex SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.35	35.80	274	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Freestyle	3:03.51	3:01.60	232	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Butterfly	40.96	40.50	212	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Backstroke	46.49	46.10	192	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.50	37.10	247	08/04/18	COSACSS Y2K 2018	Stoke-on-Trent	WM180420	3
100 Freestyle	1:23.45	1:24.50	218	03/06/18	Stafford Apex 2018 Ruby Anniversary Gala	Stafford	WM180581	3
200 Freestyle	3:09.02	3:10.90	198	02/12/17	Stafford Apex Winter Open Meet	Stafford	WM171544	3
50 Butterfly	39.28	39.80	239	07/04/18	COSACSS Y2K 2018	Stoke-on-Trent	WM180420	3
50 Backstroke	44.12	44.60	187	07/04/18	COSACSS Y2K 2018	Stoke-on-Trent	WM180420	3
100 Individual Medley	1:37.81	1:37.80	192	03/06/18	Stafford Apex 2018 Ruby Anniversary Gala	Stafford	WM180581	3