

Individual Best Times (All Time)

Francesca Teasdale - (1375559) - City of Salford SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 32.79 | 32.10 | 373 | 17/06/23 | Lippepokal der Sparkasse an der Lippe | Luren | GBR2081 | 1 |
| 100 Freestyle | 1:07.71 | 1:06.50 | 445 | 28/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |
| 50 Breaststroke | 40.09 | 39.30 | 384 | 17/06/23 | Lippepokal der Sparkasse an der Lippe | Luren | GBR2081 | 1 |
| 100 Breaststroke | 1:27.88 | 1:26.40 | 388 | 10/02/24 | Lancashire County Championships 2024 | Manchester | NW240297 | 1 |
| 200 Breaststroke | 3:20.38 | 3:17.70 | 323 | 17/06/23 | Lippepokal der Sparkasse an der Lippe | Luren | GBR2081 | 1 |
| 50 Backstroke | 34.84 | 34.30 | 458 | 28/01/24 | Lancashire County Championships 2024 | Manchester | NW240296 | 1 |
| 100 Backstroke | 1:14.02 | 1:12.90 | 464 | 21/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240304 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 29.59 | 30.30 | 465 | 23/03/24 | BCM SWPA Spring Meet 2024 | Wigan | NW240300 | 3 |
| 100 Freestyle | 1:05.03 | 1:06.30 | 461 | 02/03/24 | City of Salford Spring Meet 2024 | Salford | NW240303 | 3 |
| 200 Freestyle | 2:42.03 | 2:44.20 | 315 | 26/02/22 | City of Salford SC Club Championships 2021/2 | Broughton | NW220492 | 4 |
| 50 Breaststroke | 38.44 | 39.30 | 402 | 02/03/24 | City of Salford Spring Meet 2024 | Salford | NW240303 | 3 |
| 100 Breaststroke | 1:24.13 | 1:25.60 | 407 | 03/03/24 | City of Salford Spring Meet 2024 | Salford | NW240303 | 3 |
| 200 Breaststroke | 3:09.66 | 3:12.40 | 357 | 28/10/23 | Co Salford Potential Olympian Halloween Meet 2023 | Broughton | NW231631 | 3 |
| 50 Backstroke | 34.25 | 34.80 | 400 | 23/03/24 | BCM SWPA Spring Meet 2024 | Wigan | NW240300 | 3 |
| 100 Backstroke | 1:12.10 | 1:13.20 | 441 | 03/03/24 | City of Salford Spring Meet 2024 | Salford | NW240303 | 3 |
| 200 Backstroke | 2:36.80 | 2:38.90 | 436 | 03/03/24 | City of Salford Spring Meet 2024 | Salford | NW240303 | 3 |
| 100 Individual Medley | 1:17.96 | 1:18.00 | 380 | 08/10/23 | Bolton & Central Manchester S&WPA Autumn Meet 2023 | Wigan | NW231622 | 3 |