

Individual Best Times (All Time)

Ciara Maddock - (1384844) - Bristol Penguin Olympic SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.63	31.00	415	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:08.45	1:07.20	431	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:39.76	2:37.60	352	30/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
50 Breaststroke	37.54	36.70	468	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
100 Breaststroke	1:24.64	1:23.10	434	30/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
200 Breaststroke	3:03.52	3:00.60	421	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
50 Butterfly	31.80	31.20	453	06/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
100 Butterfly	1:15.26	1:14.20	400	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
50 Backstroke	42.42	41.90	253	19/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
100 Backstroke	1:26.63	1:25.70	289	16/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
200 Individual Medley	2:49.60	2:47.30	411	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.08	30.80	442	25/11/23	Bristol Penguins & Keynsham Autumn Sprint Meet 23	Bristol	SW232177	3
100 Freestyle	1:05.93	1:07.20	442	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
200 Freestyle	2:27.53	2:29.90	418	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
400 Freestyle	5:31.98	5:36.20	338	25/06/22	Keynsham & Bristol Penguins Low L4 Summer Champs	Hengrove	SW220944	4
50 Breaststroke	37.53	38.40	431	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Breaststroke	1:23.21	1:24.70	420	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Breaststroke	2:58.83	3:01.80	426	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
50 Butterfly	31.66	32.30	456	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Butterfly	1:13.15	1:14.20	403	25/11/23	Bristol Penguins & Keynsham Autumn Sprint Meet 23	Bristol	SW232177	3
50 Backstroke	37.18	37.70	313	25/03/23	Soundwell SC L3 Regional Qualifier 2023	Weston-super-Mare	SW230244	3
100 Backstroke	1:21.85	1:22.80	301	13/03/22	Keynsham & Bristol Penguins Spring Open Meet	Weston Super Mare	SW220196	3
200 Individual Medley	2:43.66	2:46.10	412	04/12/22	Tigersharks Winter L3 Meet	Swindon	SW220595	3
100 Individual Medley	1:18.42	1:18.40	374	25/06/22	Keynsham & Bristol Penguins Low L4 Summer Champs	Hengrove	SW220944	4