

# Individual Best Times (All Time)

Paige Howells-Davies - (1414828) - Crawley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.42	34.80	296	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Freestyle	1:17.11	1:16.00	301	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Freestyle	2:50.82	2:48.80	288	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
400 Freestyle	5:57.62	5:53.70	285	07/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
800 Freestyle	12:53.47	12:45.90	246	05/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
1500 Freestyle	23:56.81	23:42.30	262	06/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
50 Breaststroke	45.24	44.50	267	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Breaststroke	1:44.37	1:43.20	231	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
200 Breaststroke	3:27.28	3:24.70	292	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Butterfly	40.39	39.90	221	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Backstroke	40.68	40.20	287	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Backstroke	1:27.40	1:26.50	282	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
200 Individual Medley	3:22.41	3:20.40	241	04/12/22	RRSC Last Chance County Qualifier 22	Aldershot	SE222310	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.85	34.50	310	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Freestyle	1:14.94	1:16.10	301	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
200 Freestyle	2:41.45	2:43.60	318	07/06/24	Crawley Club Championships L4 2024	Crawley	SE241082	4
400 Freestyle	5:49.50	5:53.50	289	12/03/23	Cranleigh SC Mavis Godfrey Spring Gala 2023	Cranleigh	SE230337	3
800 Freestyle	12:15.07	12:22.90	273	12/06/22	Wey Valley SC 800m Free Invitational Time Trial	Godalming	SE221152	4
1500 Freestyle	23:45.91	24:00.40	258	23/10/22	Hart SC Distance Meet 2022	Hart	SE221974	3
50 Breaststroke	42.99	43.70	287	02/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Breaststroke	1:34.59	1:35.90	286	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
200 Breaststroke	3:31.75	3:34.20	256	06/10/23	Crawley Club Championships L4 2023	Crawley	SE231273	4
50 Butterfly	38.90	39.40	246	02/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Butterfly	1:36.59	1:37.40	175	21/06/24	Crawley Club Championships L4 2024	Crawley	SE241083	4
200 Butterfly	3:32.09	3:33.60	179	28/06/24	Crawley Club Championships L4 2024	Crawley	SE241084	4
50 Backstroke	38.27	38.80	287	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2
100 Backstroke	1:22.60	1:23.60	293	07/06/24	Crawley Club Championships L4 2024	Crawley	SE241082	4
200 Backstroke	2:57.36	2:59.20	301	21/06/24	Crawley Club Championships L4 2024	Crawley	SE241083	4
200 Individual Medley	3:08.55	3:10.60	269	05/03/23	Hart SC Spring Open Meet 2023	Hart	SE230493	3
100 Individual Medley	1:24.13	1:24.10	303	23/06/24	Rushmoor Royals Summer L2 Short Course Open Meet	Aldershot	SE240423	2