

# Individual Best Times (All Time)

Lilia Beazley-Long - (1440844) - Bristol Penguin Olympic SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:13.15	1:12.00	353	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
400 Freestyle	5:38.36	5:34.20	336	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Backstroke	38.66	38.10	335	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:24.40	1:23.40	313	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Backstroke	2:57.83	2:55.90	332	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.91	32.60	371	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Freestyle	1:09.60	1:10.80	376	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Freestyle	2:34.83	2:37.10	361	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
400 Freestyle	5:23.80	5:28.10	364	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Backstroke	37.14	37.70	314	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Backstroke	1:19.04	1:20.10	334	25/11/23	Bristol Penguins & Keynsham Autumn Sprint Meet 23	Bristol	SW232177	3
200 Backstroke	2:49.32	2:51.30	346	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Individual Medley	3:21.61	3:23.60	220	29/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3
100 Individual Medley	1:30.76	1:30.80	241	26/11/22	Keynsham & Bristol Penguins Autumn Sprint Meet 22	Bristol	SW222202	3