

Individual Best Times (All Time)

Poppy Johnson - (1451376) - Howe Bridge Aces SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.59	30.90	417	02/03/24	The National Arena Swim League B Final & Cup Final	Cardiff	WL240497	1
100 Freestyle	1:06.05	1:04.80	479	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:23.51	2:21.10	486	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
400 Freestyle	5:00.39	4:55.70	481	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
800 Freestyle	10:21.88	10:12.50	473	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Backstroke	35.57	35.00	430	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
100 Backstroke	1:15.38	1:14.30	439	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Backstroke	2:39.39	2:37.30	461	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
400 Individual Medley	6:03.49	5:58.60	391	02/04/23	City Of Liverpool National Meet 2023	Liverpool	NW230626	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.92	31.60	407	10/12/23	Arena League North West A Final 2023	Blackpool	NW232593	3
100 Freestyle	1:06.14	1:07.40	438	19/05/24	Wigan Summer Sizzler Sprint Meet	Wigan	NW240478	3
200 Freestyle	2:18.54	2:21.00	504	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
400 Freestyle	4:48.77	4:53.60	513	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
800 Freestyle	10:15.38	10:24.70	466	05/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	53.08	53.70	152	16/10/21	Satellites Autumn Open Meet 2021	Macclesfield	NW211013	3
100 Breaststroke	1:55.47	1:56.60	157	16/10/21	Satellites Autumn Open Meet 2021	Macclesfield	NW211013	3
50 Butterfly	35.32	35.90	328	08/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
100 Butterfly	1:21.06	1:22.00	296	08/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
50 Backstroke	34.94	35.50	377	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Backstroke	1:14.35	1:15.40	402	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Backstroke	2:33.80	2:36.00	462	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
200 Individual Medley	3:02.92	3:05.10	295	28/05/22	Blackpool Rocks 2022	Blackpool	NW220394	3
400 Individual Medley	5:34.02	5:39.20	465	23/06/24	Wigan Best Future Stars June Meet 2024	Wigan	NW240734	3
100 Individual Medley	1:16.71	1:16.70	399	19/05/24	Wigan Summer Sizzler Sprint Meet	Wigan	NW240478	3