

Individual Best Times (All Time)

Mollie Aspinall - (1517623) - Shrewsbury SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.98	37.40	240	02/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
50 Breaststroke	54.78	54.20	150	02/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
200 Individual Medley	3:31.85	3:30.00	210	02/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.54	36.10	268	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Freestyle	1:18.18	1:19.20	265	08/10/23	The City of Leicester Sprint & Distance Meet 2023	Leicester	EM230613	3
200 Freestyle	2:49.40	2:51.40	276	20/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240105	2
400 Freestyle	5:53.39	5:57.40	280	19/11/22	City of Hereford Winter Meet 2022	Hereford	WM220471	3
800 Freestyle	12:16.57	12:24.40	272	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
1500 Freestyle	23:17.88	23:32.60	274	12/12/22	Shrewsbury ASC Club Championships 2022	Shrewsbury	WM222438	4
50 Breaststroke	48.93	49.60	194	03/02/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240107	2
100 Breaststroke	1:45.91	1:47.10	204	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
200 Breaststroke	3:54.03	3:56.30	190	26/11/23	Shrewsbury ASC Club Championships 2023	Shrewsbury	WM232507	4
50 Butterfly	44.10	44.50	168	04/02/23	Shropshire ASA County Championships 2023	Wolverhampton	WM230099	2
100 Butterfly	1:44.68	1:45.40	137	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
50 Backstroke	43.96	44.40	189	28/01/24	Shropshire ASA County Championships 2024	Wolverhampton	WM240106	2
100 Backstroke	1:30.83	1:31.70	220	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3
200 Backstroke	3:18.68	3:20.40	214	22/01/23	Shropshire ASA County Championships 2023	Wolverhampton	WM230097	2
200 Individual Medley	3:14.23	3:16.30	246	02/12/23	Nuneaton & Bedworth SC Terry Freeman Open Meet	Nuneaton	WM231000	3
400 Individual Medley	6:55.12	6:59.30	242	28/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
100 Individual Medley	1:31.76	1:31.80	233	07/10/23	The City of Leicester Sprint & Distance Meet 2023	Leicester	EM230613	3