

Individual Best Times (All Time)

Frank Attewell-Smith - (1651284) - Soundwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.88	35.30	197	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Breaststroke	48.88	48.20	149	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:42.75	1:41.50	169	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Breaststroke	3:40.64	3:38.20	183	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Butterfly	42.34	41.90	145	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:45.40	1:44.70	103	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	41.58	41.10	181	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Backstroke	1:30.31	1:29.40	186	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.69	36.30	180	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
800 Freestyle	13:53.79	14:00.70	150	10/12/23	Soundwell SC Network Distance Event 2023	Bristol	SW232459	4
50 Breaststroke	47.96	48.60	140	30/09/23	Bristol North 43rd Junior Open Meet 2023	Hutton Moor LC	SW230875	3
100 Breaststroke	1:37.38	1:38.70	182	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Breaststroke	3:35.27	3:37.70	173	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
50 Butterfly	42.12	42.60	137	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Butterfly	1:49.86	1:50.60	82	23/09/23	Bristol North 43rd Junior Open Meet 2023	Hutton Moor LC	SW230874	3
50 Backstroke	42.10	42.60	144	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Backstroke	1:28.24	1:29.10	164	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Backstroke	3:08.30	3:10.10	176	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Individual Medley	3:17.55	3:19.50	170	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Individual Medley	1:39.73	1:39.70	120	23/09/23	Bristol North 43rd Junior Open Meet 2023	Hutton Moor LC	SW230874	3