

Individual Best Times (All Time)

Freya Griffiths - (180046) - Bebington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.14	30.50	435	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
100 Freestyle	1:06.97	1:05.70	460	14/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
200 Freestyle	2:24.04	2:21.60	480	14/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
400 Freestyle	4:59.85	4:55.10	483	15/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
50 Backstroke	34.43	33.80	474	03/05/14	2014 ASANWR Youth Championships	Liverpool	NWR400	1
100 Backstroke	1:13.85	1:12.80	467	04/05/14	2014 ASANWR Youth Championships	Liverpool	NWR400	1
200 Backstroke	2:42.36	2:40.30	436	14/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
200 Individual Medley	2:54.72	2:52.40	376	15/05/10	City of Manchester Open Meet	Manchester	NW0322	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.75	30.40	457	12/01/14	Peninsular Group of Swimming Clubs Champs	Birkenhead	NW4013	3
100 Freestyle	1:03.52	1:04.80	495	29/03/14	Cheshire County WP & Swimming Champs	Macclesfield	CC4013	2
200 Freestyle	2:19.09	2:21.60	498	06/02/11	Harrogate District 29th Open Meet	Harrogate	NE1034	2
400 Freestyle	4:50.98	4:55.80	502	26/03/11	Cheshire County Championships	Macclesfield	CC1078	2
50 Breaststroke	42.30	43.00	301	30/11/13	Bebington SC Club Championships	Bebington	NW3332	4
100 Breaststroke	1:53.55	1:54.70	165	21/06/08	Wirral Metro Open Meet	Birkenhead	NW8216	3
200 Breaststroke	3:22.93	3:25.50	291	27/03/10	Cheshire County Champs	Macclesfield	CC0026	2
50 Butterfly	32.89	33.50	407	15/03/14	Cheshire County Championships	Macclesfield	CC4011	2
100 Butterfly	1:24.33	1:25.20	263	22/06/14	Bebington Winter Championships	Bebington	NW4155	4
200 Butterfly	3:46.78	3:48.20	146	19/12/08	Wirral Metro Xmas Points	Birkenhead	NW8448	4
50 Backstroke	33.14	33.70	442	15/03/14	Cheshire County Championships	Macclesfield	CC4011	2
100 Backstroke	1:09.93	1:11.10	483	15/03/14	Cheshire County Championships	Macclesfield	CC4011	2
200 Backstroke	2:29.01	2:31.20	508	16/03/14	Cheshire County Championships	Macclesfield	CC4011	2
200 Individual Medley	2:42.88	2:45.30	418	17/03/13	Cheshire County Championships	Macclesfield	CC3083	2
400 Individual Medley	5:44.98	5:50.00	422	17/03/12	Cheshire County Championships	Macclesfield	CC2019	2
100 Individual Medley	1:16.67	1:16.70	400	30/11/13	Bebington SC Club Championships	Bebington	NW3332	4