

Individual Best Times (All Time)

Frederick Woodcock - (293899) - Hemel Hempstead SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 25.37 | 24.50 | 559 | 03/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 100 Freestyle | 55.53 | 54.00 | 600 | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 200 Freestyle | 2:12.52 | 2:09.90 | 455 | 07/05/11 | City of Coventry May Open Meet | Coventry | WM1066 | 1 |
| 400 Freestyle | 4:34.21 | 4:29.00 | 516 | 03/12/11 | South East Region Open & Junior Champs | Aldershot | SER127 | 1 |
| 800 Freestyle | 9:53.09 | 9:43.30 | 442 | 05/06/10 | BG East Region Bagcats | Norwich | ERX012 | 1 |
| 1500 Freestyle | 18:18.93 | 18:00.00 | 497 | 12/06/11 | BG South East Region Age Group Championshi | Crawley | SER114 | 1 |
| 50 Breaststroke | 39.12 | 38.30 | 291 | 14/05/11 | Wycombe & District Sprint Meet | Wycombe | SE1441 | 3 |
| 200 Breaststroke | 3:16.06 | 3:13.30 | 262 | 13/06/09 | East Region Age Groups | Norwich | ERX914 | 1 |
| 50 Butterfly | 27.54 | 26.80 | 528 | 04/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 100 Butterfly | 1:03.75 | 1:02.50 | 466 | 12/04/15 | Team Luton April Long Course Meet | Luton | ER150341 | 1 |
| 200 Butterfly | 2:47.77 | 2:45.90 | 284 | 09/05/10 | City of Coventry May Open | Coventry | WM0202 | 1 |
| 50 Backstroke | 29.38 | 28.70 | 515 | 11/04/15 | Team Luton April Long Course Meet | Luton | ER150341 | 1 |
| 100 Backstroke | 1:03.63 | 1:02.40 | 533 | 04/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 200 Backstroke | 2:24.11 | 2:21.80 | 468 | 06/05/12 | ASA East Region Youth Championships | Basildon | ERX203 | 1 |
| 200 Individual Medley | 2:27.36 | 2:24.70 | 462 | 05/05/12 | ASA East Region Youth Championships | Basildon | ERX203 | 1 |
| 400 Individual Medley | 5:22.58 | 5:17.10 | 424 | 28/05/11 | BG South East Region Age Group Championshi | Crawley | SER113 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle | 24.61 | 25.40 | 549 | 06/12/14 | ASA East Region Winter Championships | Luton | ERX432 | 2 |
| 100 Freestyle | 53.92 | 55.40 | 575 | 28/06/15 | The Terry Davies Alternative Nationals | Watford | ER150582 | 3 |
| 200 Freestyle | 1:59.02 | 2:01.90 | 581 | 29/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693 | 4 |
| 400 Freestyle | 4:19.92 | 4:25.30 | 544 | 27/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693 | 4 |
| 1500 Freestyle | 17:25.53 | 17:45.10 | 531 | 20/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692 | 4 |
| 50 Breaststroke | 33.69 | 34.60 | 406 | 22/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692 | 4 |
| 100 Breaststroke | 1:15.16 | 1:16.80 | 397 | 01/07/14 | Hemel Hempstead SC Sprint Championships | Hemel Hempstead | ER4169 | 4 |
| 200 Breaststroke | 2:41.24 | 2:44.50 | 413 | 04/10/14 | Maxwell Autumn Meet | Aylesbury | SE14110 | 3 |
| 50 Butterfly | 26.57 | 27.30 | 548 | 28/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693 | 4 |
| 100 Butterfly | 59.78 | 1:01.00 | 510 | 29/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14693 | 4 |
| 200 Butterfly | 2:41.27 | 2:43.20 | 290 | 07/02/10 | Hemel Hempstead Club Champs | Hemel Hempstead | ER0234 | 4 |
| 50 Backstroke | 28.08 | 28.80 | 488 | 07/12/14 | ASA East Region Winter Championships | Luton | ERX432 | 2 |
| 100 Backstroke | 1:00.99 | 1:02.30 | 497 | 06/12/14 | ASA East Region Winter Championships | Luton | ERX432 | 2 |
| 200 Backstroke | 2:13.09 | 2:15.60 | 499 | 05/10/14 | Maxwell Autumn Meet | Aylesbury | SE14110 | 3 |
| 200 Individual Medley | 2:15.40 | 2:18.30 | 530 | 22/11/14 | Hemel Hempstead Club Championships | Hemel Hempstead | ER14692 | 4 |
| 400 Individual Medley | 4:57.74 | 5:03.60 | 490 | 04/10/14 | Maxwell Autumn Meet | Aylesbury | SE14110 | 3 |
| 100 Individual Medley | 1:01.91 | 1:01.90 | 504 | 28/06/15 | The Terry Davies Alternative Nationals | Watford | ER150582 | 3 |