

Individual Best Times (All Time)

Fiona Shaw - (424937) - Wycombe District SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|---------|-------|
| 50 Freestyle | 27.89 | 27.10 | 606 | 04/05/14 | ASA South East Region Youth Championships | Crawley | SER416 | 1 |
| 100 Freestyle | 59.47 | 58.00 | 657 | 13/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 200 Freestyle | 2:06.72 | 2:04.00 | 706 | 13/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 400 Freestyle | 4:29.73 | 4:24.50 | 664 | 03/05/14 | ASA South East Region Youth Championships | Crawley | SER416 | 1 |
| 800 Freestyle | 9:13.43 | 9:02.90 | 672 | 05/05/14 | ASA South East Region Youth Championships | Guildford | SER417 | 1 |
| 50 Breaststroke | 42.25 | 41.50 | 328 | 22/09/13 | Wycombe District SC Club Championships | Wycombe | SE3797 | 4 |
| 100 Breaststroke | 1:30.64 | 1:29.20 | 354 | 21/09/13 | Wycombe District SC Club Championships | Wycombe | SE3797 | 4 |
| 200 Breaststroke | 3:25.06 | 3:22.50 | 301 | 14/02/09 | Wycombe District Annual | High Wycombe | SE9084 | 2 |
| 50 Butterfly | 30.50 | 29.90 | 513 | 13/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 100 Butterfly | 1:09.38 | 1:08.30 | 511 | 12/04/14 | Crawley Spring Open Meet | Crawley | SE4285 | 1 |
| 200 Butterfly | 2:48.91 | 2:47.00 | 375 | 21/09/13 | Wycombe District SC Club Championships | Wycombe | SE3797 | 4 |
| 50 Backstroke | 36.28 | 35.70 | 405 | 15/05/10 | Wycombe District Sprint Meet | High Wycombe | SE0369 | 3 |
| 100 Backstroke | 1:15.87 | 1:14.80 | 431 | 12/02/12 | Wycombe District Open Meet 2012 | Wycombe | SE2013 | 1 |
| 200 Backstroke | 2:48.61 | 2:46.60 | 389 | 14/02/09 | Wycombe District Annual | High Wycombe | SE9084 | 2 |
| 200 Individual Medley | 2:33.63 | 2:31.00 | 553 | 22/12/13 | Derventio eXcel Christmas Cracker Meet | Sheffield | EM3630 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------|---------|-------|
| 50 Freestyle | 27.62 | 28.40 | 572 | 01/12/12 | ASA South East Region Open & Junior Meet | Aldershot | SER225 | 2 |
| 100 Freestyle | 59.42 | 1:00.80 | 604 | 08/03/14 | Berkshire & South Buckinghamshire Champs | Maidenhead | CC4021 | 2 |
| 200 Freestyle | 2:05.46 | 2:08.20 | 679 | 07/12/13 | ASA South East Region Winter Championships | Portsmouth | SER329 | 2 |
| 400 Freestyle | 4:23.21 | 4:28.50 | 678 | 22/03/14 | Berkshire & South Buckinghamshire County | Maidenhead | CC4023 | 2 |
| 800 Freestyle | 9:06.45 | 9:16.90 | 666 | 07/12/13 | ASA South East Region Winter Championships | Portsmouth | SER329 | 2 |
| 50 Breaststroke | 40.00 | 40.80 | 356 | 16/12/12 | Swim Bournemouth 4th Christmas Meet | Bournemouth | SW2649 | 2 |
| 100 Breaststroke | 1:30.63 | 1:32.00 | 325 | 23/10/11 | AIB Tigers 30th Autumn Open Meet Level 3 | Jersey | SE1179 | 3 |
| 200 Breaststroke | 3:21.94 | 3:24.50 | 295 | 20/11/11 | Wycombe Club Championships | Handy Cross | SE1751 | 4 |
| 50 Butterfly | 30.56 | 31.20 | 507 | 08/03/14 | Berkshire & South Buckinghamshire Champs | Maidenhead | CC4021 | 2 |
| 100 Butterfly | 1:07.76 | 1:08.90 | 507 | 06/10/13 | Maxwell Autumn Meet | Aylesbury | SE3765 | 3 |
| 200 Butterfly | 2:49.71 | 2:51.60 | 350 | 20/11/11 | Wycombe Club Championships | Handy Cross | SE1751 | 4 |
| 50 Backstroke | 33.91 | 34.50 | 412 | 22/10/11 | AIB Tigers 30th Autumn Open Meet Level 2 | Jersey | SE1178 | 2 |
| 100 Backstroke | 1:13.34 | 1:14.40 | 419 | 27/02/10 | Berks & South Bucks | Maidenhead | CC0012 | 2 |
| 200 Backstroke | 2:35.92 | 2:38.00 | 443 | 26/02/12 | Berkshire & South Bucks County Championshi | Maidenhead | CC2046 | 2 |
| 200 Individual Medley | 2:30.97 | 2:33.60 | 525 | 16/12/12 | Swim Bournemouth 4th Christmas Meet | Bournemouth | SW2649 | 2 |
| 400 Individual Medley | 5:49.60 | 5:54.60 | 406 | 27/09/08 | Maxwell Open Meet | Aylesbury | SE8366 | 3 |
| 100 Individual Medley | 1:13.51 | 1:13.50 | 454 | 26/03/11 | Berkshire & South Bucks County Championshi | Maidenhead | CC1120 | 2 |