

# Individual Best Times (All Time)

Claudia Grant-Dawson - (464935) - Flitwick Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.87	31.20	406	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	1:09.56	1:08.30	410	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:35.36	2:33.10	383	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Breaststroke	39.63	38.80	398	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
100 Breaststroke	1:28.68	1:27.20	378	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
200 Breaststroke	3:10.01	3:07.20	379	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Butterfly	34.08	33.50	368	19/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
50 Backstroke	38.00	37.50	353	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:52.21	2:50.30	365	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	2:50.36	2:48.00	405	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
400 Individual Medley	6:08.91	6:04.10	374	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.10	30.80	442	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Freestyle	1:08.44	1:09.70	395	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
200 Freestyle	2:28.50	2:30.80	409	29/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
400 Freestyle	5:11.00	5:15.50	411	28/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
800 Freestyle	10:51.88	11:00.70	392	27/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
50 Breaststroke	38.80	39.60	390	21/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
100 Breaststroke	1:25.60	1:27.10	386	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
200 Breaststroke	3:06.80	3:09.60	373	09/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	ER150500	3
50 Butterfly	34.37	34.90	356	13/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
100 Butterfly	1:18.31	1:19.30	328	21/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
200 Butterfly	2:59.59	3:01.30	295	22/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
50 Backstroke	36.06	36.60	343	19/07/14	Team Luton Sprint Meet	Luton	ER4582	3
100 Backstroke	1:16.69	1:17.70	366	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
200 Backstroke	2:45.92	2:47.90	368	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
200 Individual Medley	2:45.32	2:47.70	400	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
400 Individual Medley	5:46.80	5:51.80	416	20/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4
100 Individual Medley	1:16.00	1:16.00	411	22/11/15	Flitwick Dolphins Club Championships 2015	Bedford	ER152104	4