

# Individual Best Times (All Time)

Taryn Fraser - (513383) - Metropolitan Police SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.33	31.70	389	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
100 Freestyle	1:07.85	1:06.60	442	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
200 Freestyle	2:30.90	2:28.60	418	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
50 Breaststroke	41.50	40.70	346	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Breaststroke	1:45.90	1:44.70	222	24/09/11	Hillingdon Autumn Sprint Meet	Hillingdon	LR1334	3
50 Backstroke	36.50	35.90	398	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
100 Backstroke	1:15.63	1:14.60	435	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
200 Backstroke	2:43.89	2:41.80	424	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.32	31.00	432	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
100 Freestyle	1:05.17	1:06.40	458	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
200 Freestyle	2:23.45	2:25.90	454	15/03/14	Hertfordshire County Championships	Borehamwood	CC4081	2
400 Freestyle	5:04.03	5:08.60	440	15/03/14	Hertfordshire County Championships	Borehamwood	CC4081	2
50 Breaststroke	40.08	40.90	354	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	ER4330	2
100 Breaststroke	1:27.10	1:28.50	366	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
200 Breaststroke	3:07.71	3:10.50	368	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3
50 Butterfly	35.26	35.80	330	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4
100 Butterfly	1:18.80	1:19.80	322	24/06/13	Watford SC Club Championships Sprints	Watford	ER3539	4
200 Butterfly	3:11.56	3:13.20	243	14/10/12	Watford SC Club Championships 2012	Watford	ER2566	4
50 Backstroke	33.93	34.50	412	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
100 Backstroke	1:11.98	1:13.10	443	01/02/14	Hatfield Valentines Meet	Hertfordshire	ER4265	3
200 Backstroke	2:34.78	2:36.90	453	11/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	ER4330	2
200 Individual Medley	2:38.04	2:40.50	458	01/02/14	Hatfield Valentines Meet	Hertfordshire	ER4265	3
400 Individual Medley	5:53.32	5:58.30	393	10/10/12	Watford SC Club Championships 2012	Watford	ER2566	4
100 Individual Medley	1:14.94	1:14.90	428	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4