

Individual Best Times (All Time)

Sian Jones - (539974) - Trafford Metro Bor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.94	29.20	490	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Freestyle	1:05.51	1:04.20	491	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Freestyle	2:20.90	2:18.40	513	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Freestyle	4:58.78	4:54.00	488	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Breaststroke	39.19	38.40	411	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
100 Breaststroke	1:23.51	1:22.00	452	09/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
200 Breaststroke	3:04.33	3:01.40	415	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Butterfly	31.99	31.40	445	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Butterfly	1:12.43	1:11.40	449	09/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
200 Butterfly	2:38.03	2:36.00	457	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
50 Backstroke	37.55	37.00	366	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
200 Backstroke	2:45.83	2:43.80	409	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Individual Medley	2:43.47	2:41.00	459	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
400 Individual Medley	5:52.12	5:47.10	430	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.87	29.60	501	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Freestyle	1:02.47	1:03.80	520	26/10/13	Flitwick Dolphins SC Open Meet	Biggleswade	ER3467	3
200 Freestyle	2:15.98	2:18.50	533	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
400 Freestyle	4:50.24	4:55.00	506	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
800 Freestyle	9:57.42	10:07.00	510	19/12/15	Biggleswade 2015 Club Championships	Biggleswade	ER152032	4
50 Breaststroke	36.82	37.70	457	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Breaststroke	1:20.46	1:22.00	465	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Breaststroke	2:55.69	2:58.70	449	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
50 Butterfly	32.02	32.60	441	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
100 Butterfly	1:10.56	1:11.60	449	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
200 Butterfly	2:34.50	2:36.50	463	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
50 Backstroke	35.40	36.00	362	18/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
100 Backstroke	1:17.85	1:18.90	350	10/05/14	Mid Beds Swim Squad L3 Open Meet	Biggleswade	ER4331	3
200 Backstroke	2:39.05	2:41.10	418	30/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3
200 Individual Medley	2:35.68	2:38.20	479	19/10/13	Biggleswade Club Championships	Biggleswade	ER3650	4
400 Individual Medley	5:27.72	5:33.00	493	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Individual Medley	1:13.77	1:13.80	449	03/03/13	Bedfordshire County Championships	Luton	CC3022	2