

Individual Best Times (All Time)

Lilliana Ashton - (759608) - Marple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.59	27.90	563	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3
100 Freestyle	1:03.31	1:02.00	544	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3
200 Freestyle	2:32.73	2:30.40	403	28/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
50 Breaststroke	44.00	43.30	291	29/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
100 Breaststroke	1:36.52	1:35.20	293	28/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
200 Breaststroke	3:25.38	3:22.80	300	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Butterfly	30.68	30.10	504	09/11/19	Sheffield City Glyn Mettam Memorial Open Meet	Sheffield	NE191586	3
100 Butterfly	1:14.80	1:13.80	408	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
50 Backstroke	34.78	34.20	460	09/11/19	Sheffield City Glyn Mettam Memorial Open Meet	Sheffield	NE191586	3
100 Backstroke	1:20.56	1:19.60	360	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
200 Backstroke	2:57.31	2:55.40	334	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Individual Medley	2:43.50	2:41.10	458	17/11/18	Glyn Mettam Memorial 'B' Grade Open Meet	Sheffield	NE180825	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.54	29.30	518	26/08/17	Sheffield City 14th Annual Open Sprints Meet	Sheffield	NE170899	3
100 Freestyle	1:03.13	1:04.40	504	26/08/17	Sheffield City 14th Annual Open Sprints Meet	Sheffield	NE170899	3
200 Freestyle	2:26.33	2:28.70	428	01/10/17	Greater Manchester Autumn Meet 2017	Wigan	NW170835	3
400 Freestyle	5:12.91	5:17.40	403	02/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160335	3
50 Breaststroke	40.32	41.10	348	19/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
100 Breaststroke	1:27.06	1:28.50	367	01/10/17	Greater Manchester Autumn Meet 2017	Wigan	NW170835	3
200 Breaststroke	3:08.36	3:11.10	364	19/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
50 Butterfly	30.31	30.90	520	19/01/19	Cheshire County Championships 2019	Macclesfield	NW190170	2
100 Butterfly	1:11.31	1:12.40	435	20/01/19	Cheshire County Championships 2019	Macclesfield	NW190170	2
50 Backstroke	32.31	32.90	477	25/01/20	Cheshire County Championships	Macclesfield LC	NW200108	2
100 Backstroke	1:16.44	1:17.50	370	01/10/17	Greater Manchester Autumn Meet 2017	Wigan	NW170835	3
200 Backstroke	2:45.34	2:47.30	372	19/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
200 Individual Medley	2:44.05	2:46.40	409	11/06/16	SM Mini Meet Grand Prix Finals	Stockport	NW160868	3
100 Individual Medley	1:14.60	1:14.60	434	17/12/17	Trafford Borough Network Christmas Cracker	Sale	NW172583	3