

# Individual Best Times (All Time)

Shannay Davies - (764182) - Team Luton Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.74	29.00	500	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Freestyle	1:05.50	1:04.20	492	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Freestyle	2:26.84	2:24.50	453	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
400 Freestyle	5:06.73	5:02.10	451	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
800 Freestyle	10:44.24	10:35.20	426	27/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Breaststroke	45.63	44.90	260	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
100 Breaststroke	1:40.72	1:39.50	258	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Butterfly	36.90	36.40	290	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	35.01	34.40	451	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Backstroke	1:15.63	1:14.60	435	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Backstroke	2:52.10	2:50.10	366	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Individual Medley	2:50.63	2:48.30	403	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
400 Individual Medley	6:06.91	6:02.10	380	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.19	29.90	484	09/06/18	Team Luton Compendium Challenge 2018	Inspire Luton	ER181486	4
100 Freestyle	1:03.69	1:05.00	491	02/12/17	Team Luton Compendium Challenge 2017	Luton	ER172488	4
200 Freestyle	2:18.14	2:20.60	509	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
400 Freestyle	4:58.17	5:02.80	466	17/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
800 Freestyle	11:25.15	11:33.60	338	15/01/15	Team Luton County Time Trials 2015	Luton	ER150486	4
50 Breaststroke	41.13	41.90	328	02/12/17	Team Luton Compendium Challenge 2017	Luton	ER172488	4
100 Breaststroke	1:31.65	1:33.00	315	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4
200 Breaststroke	3:15.41	3:18.10	326	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
50 Butterfly	36.05	36.60	309	19/11/17	Team Luton November Short Course Meet	Luton	ER172383	3
100 Butterfly	1:24.81	1:25.70	258	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
200 Butterfly	3:00.81	3:02.60	289	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4
50 Backstroke	34.36	34.90	396	30/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
100 Backstroke	1:13.68	1:14.80	413	14/10/17	NASL - London Rounds 2017 - Division 1 & 2	Lewisham	ER172118	3
200 Backstroke	2:38.35	2:40.40	423	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
200 Individual Medley	2:51.27	2:53.60	360	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
400 Individual Medley	5:47.78	5:52.80	412	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
100 Individual Medley	1:18.74	1:18.70	369	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4