

Individual Best Times (All Time)

Phoebe Griffiths - (770794) - Ellesmere College Titans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.59	26.80	626	20/01/19	Flanders Swimming Cup	Antwerp, Belgium	GBR910	1
100 Freestyle	57.80	56.30	716	28/07/18	British Summer Championships	Sheffield	BSW006	1
200 Freestyle	2:04.28	2:01.50	748	24/07/18	British Summer Championships	Sheffield	BSW006	1
400 Freestyle	4:21.47	4:16.10	729	17/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
800 Freestyle	8:52.37	8:41.40	755	28/06/17	European Junior Championships 2017	Israel	INT346	1
1500 Freestyle	17:08.68	16:48.50	716	30/06/17	European Junior Championships 2017	Israel	INT346	1
50 Breaststroke	37.60	36.80	466	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
100 Breaststroke	1:17.51	1:15.90	566	14/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Breaststroke	2:53.04	2:50.00	502	10/05/15	London Region Summer Championships	London	LR150562	1
50 Butterfly	43.95	43.50	171	15/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
100 Butterfly	1:11.34	1:10.30	470	02/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Butterfly	2:29.99	2:27.90	535	24/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Backstroke	36.98	36.40	383	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
100 Backstroke	1:20.11	1:19.10	366	08/06/13	ASA London Region Age Group Championship	London	LRX311	1
200 Backstroke	2:48.51	2:46.50	390	02/06/13	ASA London Region Age Groups 2013	London	LRX310	1
200 Individual Medley	2:25.14	2:22.40	656	14/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	WL170095	1
400 Individual Medley	5:04.95	4:59.10	662	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.42	28.20	584	05/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
100 Freestyle	56.29	57.80	711	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	2:00.61	2:03.40	765	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Freestyle	4:12.10	4:17.60	772	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
800 Freestyle	8:36.35	8:47.40	790	17/11/17	Stockport Metro November Meet 2017	Stockport	NW1722023	2
50 Breaststroke	34.75	35.60	544	19/09/14	Boro Waltham Forest Club Championships	Walthamstow	LR4926	4
100 Breaststroke	1:13.98	1:15.70	598	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Breaststroke	2:41.84	2:45.10	574	08/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
50 Butterfly	30.98	31.60	487	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Butterfly	1:08.13	1:09.20	499	26/02/17	Shropshire County Championships 2017	Wolverhampton	WM170439	2
200 Butterfly	2:29.84	2:31.90	508	13/01/18	Shropshire County Championships 2018	Wolverhampton	WM180088	2
50 Backstroke	33.62	34.20	423	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Backstroke	1:11.39	1:12.50	454	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
200 Backstroke	2:29.13	2:31.30	507	19/02/17	Shropshire County Championships 2017	Wolverhampton	WM170438	2
200 Individual Medley	2:19.77	2:22.60	662	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Individual Medley	4:54.05	5:00.00	682	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Individual Medley	1:08.77	1:08.80	554	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2