

Individual Best Times (All Time)

Freya Shaw - (798182) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.73	28.00	554	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Freestyle	1:02.16	1:00.80	575	10/04/16	London Region Summer Championships	London	LR160414	1
200 Freestyle	2:14.32	2:11.70	593	14/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
400 Freestyle	4:59.75	4:55.00	484	27/04/14	Bexley Long Course Open Meet	London	LR4393	1
800 Freestyle	9:56.98	9:47.20	535	10/05/15	London Region Summer Championships	London	LR150562	1
50 Breaststroke	39.87	39.10	391	10/04/16	London Region Summer Championships	London	LR160414	1
100 Breaststroke	1:22.59	1:21.00	468	14/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
200 Breaststroke	2:57.20	2:54.20	467	09/05/15	London Region Summer Championships	London	LR150562	1
50 Butterfly	29.92	29.30	544	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Butterfly	1:04.23	1:03.00	644	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
200 Butterfly	2:22.95	2:20.70	618	26/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	37.52	37.00	366	12/07/14	London ASA Region Sprint Meet	Crystal Palace	LR4443	3
100 Backstroke	1:25.18	1:24.20	304	08/06/13	ASA London Region Age Group Championship	London	LRX311	1
200 Backstroke	2:48.50	2:46.50	390	02/06/13	ASA London Region Age Groups 2013	London	LRX310	1
200 Individual Medley	2:29.15	2:26.50	604	03/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
400 Individual Medley	5:15.62	5:10.00	597	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.53	28.30	577	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	59.78	1:01.20	593	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Freestyle	2:11.87	2:14.50	585	06/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Freestyle	4:41.62	4:46.60	554	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
800 Freestyle	9:42.94	9:52.80	549	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
50 Breaststroke	37.19	38.00	443	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
100 Breaststroke	1:19.11	1:20.70	489	31/01/16	MCASA County Championships 2016	Barnet	LR160280	2
200 Breaststroke	2:51.17	2:54.20	485	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2
50 Butterfly	29.00	29.60	594	16/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
100 Butterfly	1:03.59	1:04.80	614	17/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
200 Butterfly	2:20.83	2:23.10	612	15/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
50 Backstroke	32.97	33.60	449	26/11/17	Brompton Winter Club Champs 2017	London	LR172447	4
100 Backstroke	1:08.29	1:09.50	519	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2
200 Backstroke	2:34.02	2:36.20	460	26/11/17	Brompton Winter Club Champs 2017	London	LR172447	4
200 Individual Medley	2:27.30	2:30.00	566	06/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Individual Medley	5:13.56	5:19.10	563	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
100 Individual Medley	1:09.21	1:09.20	544	22/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2