

# Individual Best Times (All Time)

Niamh Wase - (804757) - Biggleswade SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.83	32.20	371	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
100 Freestyle	1:11.08	1:09.90	385	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Freestyle	2:37.83	2:35.60	365	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
400 Freestyle	5:36.25	5:32.00	343	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Breaststroke	40.42	39.60	375	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Breaststroke	1:29.40	1:28.00	369	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Breaststroke	3:14.51	3:11.80	353	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Butterfly	37.51	37.00	276	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	39.42	38.90	316	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Backstroke	1:22.40	1:21.40	336	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Backstroke	2:55.30	2:53.40	346	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:54.58	2:52.30	377	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.81	33.40	341	13/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
100 Freestyle	1:09.47	1:10.70	378	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
200 Freestyle	2:32.78	2:35.00	376	19/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
400 Freestyle	5:17.58	5:22.00	386	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
50 Breaststroke	39.53	40.30	369	19/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
100 Breaststroke	1:26.57	1:28.00	373	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
200 Breaststroke	3:05.32	3:08.20	382	25/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
50 Butterfly	36.45	37.00	299	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
100 Butterfly	1:33.78	1:34.60	191	01/11/14	Biggleswade Club Championships	Biggleswade	ER4863	4
50 Backstroke	38.55	39.10	281	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	ER4085	3
100 Backstroke	1:22.52	1:23.50	294	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
200 Backstroke	2:49.55	2:51.50	345	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
200 Individual Medley	2:47.41	2:49.80	385	23/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Individual Medley	1:20.09	1:20.10	351	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2