

# Individual Best Times (All Time)

Aoife Gray - (815335) - St Neots Swans Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.41	35.80	272	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
200 Freestyle	2:57.34	2:55.40	257	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Breaststroke	53.27	52.70	164	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
50 Butterfly	40.48	40.00	219	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Butterfly	1:47.18	1:46.50	138	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
50 Backstroke	42.97	42.50	244	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Backstroke	1:32.14	1:31.30	240	12/07/15	Northampton Summer Festival Open Meet	Corby	EM150964	3
200 Backstroke	3:10.46	3:08.70	270	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	3:14.75	3:12.70	271	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
400 Individual Medley	6:58.75	6:54.50	255	12/07/15	Northampton Summer Festival Open Meet	Corby	EM150964	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.46	38.00	229	16/11/14	City of MK Annual 502400's Meet	Milton Keynes	SE4279	3
100 Freestyle	1:13.98	1:15.10	313	18/11/18	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE181840	3
200 Freestyle	2:48.53	2:50.60	280	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
400 Freestyle	6:24.31	6:28.00	218	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
800 Freestyle	13:03.86	13:11.20	225	04/01/15	Modernian Club Championships	Bedford	ER150188	4
50 Breaststroke	53.29	53.90	150	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
100 Breaststroke	1:50.29	1:51.40	180	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
200 Breaststroke	3:57.02	3:59.20	183	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
50 Butterfly	41.65	42.10	200	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
100 Butterfly	1:26.57	1:27.40	243	17/11/18	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE181840	3
50 Backstroke	43.51	44.00	195	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
100 Backstroke	1:30.09	1:31.00	226	17/05/15	Leighton Buzzard Level 3 Open Meet	Milton Keynes	ER150192	3
200 Backstroke	3:13.56	3:15.30	232	26/04/14	Team Luton 2014 Short Course Open Meet	Luton	ER4085	3
200 Individual Medley	3:20.78	3:22.70	223	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
100 Individual Medley	1:26.53	1:26.50	278	18/11/18	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE181840	3