

Individual Best Times (All Time)

Menna Shirras - (926942) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.32	29.60	472	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1
100 Freestyle	1:08.19	1:07.00	436	04/02/17	Lancashire County Championships	Manchester	NW170200	1
50 Breaststroke	53.37	52.80	163	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
100 Breaststroke	1:54.57	1:53.50	175	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
50 Butterfly	32.49	31.90	425	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1
50 Backstroke	35.11	34.50	447	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1
100 Backstroke	1:18.25	1:17.20	393	29/01/17	Lancashire County Championships	Manchester	NW170199	1
200 Backstroke	2:48.79	2:46.80	388	28/01/17	Lancashire County Championships	Manchester	NW170199	1
200 Individual Medley	2:52.18	2:49.90	393	28/01/17	Lancashire County Championships	Manchester	NW170199	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.05	30.70	444	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Freestyle	1:06.27	1:07.50	435	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
200 Freestyle	2:32.64	2:34.90	377	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
400 Freestyle	5:26.89	5:31.20	354	03/12/16	Preston Christmas Countdown Open Meet	Darwen	NW161920	3
50 Breaststroke	40.08	40.90	354	29/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Breaststroke	1:50.94	1:52.10	177	25/05/14	Swim Conway Whitsun Meet	Llandudno	WAL570	2
50 Butterfly	32.53	33.10	420	30/04/17	Blackpool Rocks 2017	Blackpool	NW170320	3
100 Butterfly	1:18.32	1:19.30	328	08/07/17	Preston Club Championships 2017	Preston	NW171436	4
50 Backstroke	34.95	35.50	377	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
100 Backstroke	1:16.51	1:17.60	369	26/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
200 Backstroke	2:44.48	2:46.50	378	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	NW161714	2
200 Individual Medley	2:50.10	2:52.40	367	04/12/16	Preston Christmas Countdown Open Meet	Darwen	NW161920	3
100 Individual Medley	1:30.07	1:30.10	246	18/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2