

Individual Best Times (All Time)

Niamh Grafton - (930798) - Askern Spa ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.37	32.70	354	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
100 Freestyle	1:12.78	1:11.60	358	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
800 Freestyle	11:35.27	11:26.90	339	02/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
50 Breaststroke	44.89	44.20	274	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
100 Breaststroke	1:37.90	1:36.60	281	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
50 Butterfly	37.49	37.00	276	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
100 Butterfly	1:25.44	1:24.50	273	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
50 Backstroke	37.84	37.30	357	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
100 Backstroke	1:22.14	1:21.20	340	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
200 Individual Medley	2:55.62	2:53.40	370	05/12/15	Borough of Barnsley 20th Annual Christmas Sprint	Sheffield	NE152097	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.21	33.80	329	12/03/17	John Harriman Championships	Adwick	NE170682	4
100 Freestyle	1:10.88	1:12.10	356	08/10/16	DMASA Individual Champs ('The Mets')	Adwick	NE161698	4
200 Freestyle	2:34.39	2:36.60	364	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
50 Breaststroke	42.48	43.20	297	07/11/15	Alec James BML Individual Championships 2015	Barnsley	NE151930	3
100 Breaststroke	1:33.18	1:34.50	299	09/10/16	DMASA Individual Champs ('The Mets')	Adwick	NE161698	4
200 Breaststroke	3:18.50	3:21.10	311	24/09/16	Adwick Home Championships	Adwick	NE161756	4
50 Butterfly	36.45	37.00	299	28/01/17	Alec James BML Individual Championships 2017	Adwick	NE170347	3
100 Butterfly	1:21.98	1:22.90	286	08/10/16	DMASA Individual Champs ('The Mets')	Adwick	NE161698	4
200 Butterfly	2:58.22	3:00.00	302	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
50 Backstroke	36.72	37.30	325	07/11/15	Alec James BML Individual Championships 2015	Barnsley	NE151930	3
100 Backstroke	1:19.85	1:20.90	324	13/11/16	Adwick ASC Home Championships	Adwick	NE161758	4
200 Backstroke	2:53.11	2:55.00	324	24/09/16	Adwick Home Championships	Adwick	NE161756	4
200 Individual Medley	2:46.26	2:48.60	393	24/09/16	Adwick Home Championships	Adwick	NE161756	4
100 Individual Medley	1:19.09	1:19.10	364	12/11/16	Adwick ASC Home Championships	Adwick	NE161758	4