

Individual Best Times (All Time)

Madeleine Pomroy - (949600) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.60	45.10	138	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Breaststroke	1:02.05	1:01.50	103	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Breaststroke	1:59.13	1:58.10	155	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Butterfly	49.45	49.10	120	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Butterfly	1:57.01	1:56.40	106	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Backstroke	49.18	48.80	162	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.86	38.40	222	30/11/14	BO Harrow Christmas Cracker Open Meet	Barnet	LR14451	3
100 Freestyle	1:24.18	1:25.20	212	14/03/15	MCASA Spring Development Meet	Enfield	LR150434	3
200 Freestyle	3:03.58	3:05.50	216	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
400 Freestyle	6:34.93	6:38.50	200	14/06/15	Hillingdon RNSS House Club Champs	Northwood	LR150685	4
50 Breaststroke	50.89	51.50	173	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
100 Breaststroke	1:54.88	1:56.00	159	29/11/14	BO Harrow Christmas Cracker Open Meet	Barnet	LR14451	3
200 Breaststroke	4:02.17	4:04.40	171	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
50 Butterfly	42.20	42.60	192	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
100 Butterfly	1:44.80	1:45.50	137	20/01/15	Middlesex County Championships 2015	Hendon	CC150222	2
200 Butterfly	4:08.42	4:09.70	111	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
50 Backstroke	44.13	44.60	187	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
100 Backstroke	1:39.68	1:40.50	166	27/06/15	Hoddesdon Summer Sprint 2015	Borehamwood	ER150485	3
200 Backstroke	3:21.73	3:23.40	204	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
200 Individual Medley	3:16.53	3:18.50	238	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
400 Individual Medley	7:12.53	7:16.60	214	14/10/15	Hillingdon RNSS House Club Champs	Northwood	LR150686	4
100 Individual Medley	1:33.22	1:33.20	222	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3