

Individual Best Times (All Time)

Ffion Ashton - (872848) - Carnforth & Dist Otters - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:53.31	358	H	08/03/14	Lancashire Age Groups & Championships	Manchester	Carnforth	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:53.31	358	H	08/03/14	Lancashire Age Groups & Championships	Manchester	Carnforth	1