

# Individual Best Times (All Time)

Freya Angood - (482181) - Staines Swimming Club - 200 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:38.95	450	F	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
2:40.68	436	H	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	Staines	3
2:41.42	430	F	22/03/14	Middlesex County Championships	Enfield	Staines	2
2:41.75	427	F	09/11/14	Staines Club Championships	Staines		4
2:42.82	419	F	02/02/13	Hatfield SC UKC Valentines Meet	Hertfordshire	Staines	3
2:44.47	406	F	11/03/13	Middlesex County Championships	Enfield	Staines	2
2:46.02	395	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4
2:48.07	381	F	24/11/12	Staines Black Swan Winter Meet	Staines	Staines	3
2:48.81	376	F	25/09/12	Staines Club Championship	Spelthorne	Staines	4
2:50.48	365	F	04/02/12	Hatfield UKC Valentines Meet	Hatfield	Staines	2
2:52.94	349	F	17/03/12	Middlesex County Championships	Enfield	Staines	2
2:53.02	349	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
2:57.62	322		16/10/11	Staines SC Club Championships	Staines	Staines	4
3:01.26	303		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3
3:05.25	284	F	06/03/11	Middlesex County Championships	Enfield	Staines	2
3:09.11	267	F	05/02/11	Hatfield Uk Challenge Valentines Meet 2011	Hatfield	Staines	2
3:10.91	260		20/11/10	Staines Club Champs	Staines	Staines	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:41.75	427	F	09/11/14	Staines Club Championships	Staines		4
2:38.95	450	F	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
2:40.68	436	H	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	Staines	3
2:41.42	430	F	22/03/14	Middlesex County Championships	Enfield	Staines	2
2:46.02	395	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4
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2:42.82	419	F	02/02/13	Hatfield SC UKC Valentines Meet	Hertfordshire	Staines	3
2:48.07	381	F	24/11/12	Staines Black Swan Winter Meet	Staines	Staines	3
2:48.81	376	F	25/09/12	Staines Club Championship	Spelthorne	Staines	4
2:53.02	349	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Staines	3
2:52.94	349	F	17/03/12	Middlesex County Championships	Enfield	Staines	2
2:50.48	365	F	04/02/12	Hatfield UKC Valentines Meet	Hatfield	Staines	2
2:57.62	322		16/10/11	Staines SC Club Championships	Staines	Staines	4
3:01.26	303		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3
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