

Individual Best Times (All Time)

Mia Ascroft - (1162436) - Chorley Marlins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.11	32.50	362	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
100 Freestyle	1:12.09	1:10.90	369	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
200 Freestyle	2:31.46	2:29.10	413	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
400 Freestyle	5:12.74	5:08.20	426	18/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
1500 Freestyle	20:10.35	19:53.20	439	15/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	NE220061	1
50 Breaststroke	44.02	43.30	290	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
100 Breaststroke	1:26.66	1:25.20	405	15/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
50 Butterfly	33.47	32.90	388	16/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
100 Butterfly	1:15.30	1:14.30	399	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
200 Butterfly	2:48.22	2:46.30	379	17/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	NE220061	1
50 Backstroke	39.91	39.40	304	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
100 Backstroke	1:19.92	1:18.90	369	16/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
200 Backstroke	2:55.35	2:53.40	346	28/11/21	City of Sheffield Snow Frills Meet	Sheffield	NE210643	3
200 Individual Medley	2:46.08	2:43.70	437	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
400 Individual Medley	5:53.43	5:48.40	425	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.16	30.80	439	15/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
100 Freestyle	1:06.36	1:07.60	434	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
200 Freestyle	2:23.57	2:26.00	453	08/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
400 Freestyle	4:57.50	5:02.20	469	12/06/22	Leyland Barracudas Distance Gala 2022	Leyland	NW221070	4
800 Freestyle	10:20.82	10:30.10	454	11/06/22	Leyland Barracudas Distance Gala 2022	Leyland	NW221070	4
1500 Freestyle	19:51.76	20:09.00	442	15/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
50 Breaststroke	39.03	39.80	384	01/04/23	Leyland Barracudas Senior Sprint Gala 2023	Layland	NW230803	4
100 Breaststroke	1:22.52	1:24.00	431	20/11/22	Leyland Barracudas ASC Championships 2022	Leyland Leisure Cent	NW222001	4
200 Breaststroke	3:18.88	3:21.50	309	09/06/19	Leyland Barracudas Distance Gala 2019	Leyland	NW192228	4
50 Butterfly	32.96	33.50	404	19/11/22	Leyland Barracudas ASC Championships 2022	Leyland Leisure Cent	NW222001	4
100 Butterfly	1:11.88	1:12.90	425	19/11/22	Leyland Barracudas ASC Championships 2022	Leyland Leisure Cent	NW222001	4
200 Butterfly	2:42.57	2:44.50	398	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	NW230392	3
50 Backstroke	35.82	36.40	350	03/04/22	Leyland Barracudas ASC Senior Sprint Gala 2022	Leyland	NW220654	4
100 Backstroke	1:14.60	1:15.70	398	19/11/22	Leyland Barracudas ASC Championships 2022	Leyland Leisure Cent	NW222001	4
200 Backstroke	2:41.27	2:43.30	401	01/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
200 Individual Medley	2:38.47	2:40.90	454	16/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
400 Individual Medley	5:36.30	5:41.50	456	12/06/22	Leyland Barracudas Distance Gala 2022	Leyland	NW221070	4
100 Individual Medley	1:15.41	1:15.40	420	01/04/23	Leyland Barracudas Senior Sprint Gala 2023	Layland	NW230803	4