

Individual Best Times (All Time)

Freya Bradstock - (1482190) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.62	32.00	379	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Freestyle	1:20.17	1:19.10	268	08/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3
200 Freestyle	2:32.69	2:30.40	403	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	49.51	48.90	204	07/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3
50 Butterfly	36.12	35.60	309	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	38.21	37.70	347	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Backstroke	1:29.40	1:28.50	263	07/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	SE200111	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.28	32.90	358	03/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232423	4
100 Freestyle	1:10.21	1:11.40	366	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
200 Freestyle	2:30.89	2:33.20	390	10/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232424	4
400 Freestyle	5:17.15	5:21.60	387	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
800 Freestyle	11:43.68	11:51.90	312	10/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC	SE220707	4
1500 Freestyle	21:29.53	21:45.50	349	11/07/23	East Grinstead 2023 Summer Championships 2023	East Grinstead	SE231420	4
50 Breaststroke	44.15	44.90	265	15/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232425	4
100 Breaststroke	1:35.59	1:36.90	277	09/12/22	East Grinstead SC Winter Championships 2022	Edenbridge	SE222308	4
50 Butterfly	35.98	36.50	311	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Butterfly	1:19.97	1:20.90	308	10/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232424	4
50 Backstroke	36.50	37.00	331	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Backstroke	1:19.48	1:20.50	329	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Backstroke	2:53.36	2:55.30	322	06/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232424	4
200 Individual Medley	2:53.31	2:55.60	347	12/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge	SE231421	4
400 Individual Medley	6:14.35	6:19.00	330	06/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232424	4
100 Individual Medley	1:19.97	1:20.00	352	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3