

Individual Best Times (All Time)

Tilly Arrand - (733149) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	28.90	509	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Freestyle	1:02.24	1:00.90	573	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
200 Freestyle	2:11.67	2:09.00	629	20/05/17	Derventio Excel 1st May Meet	Sheffield	EM170260	1
400 Freestyle	4:35.78	4:30.60	621	21/05/17	Derventio Excel 1st May Meet	Sheffield	EM170260	1
800 Freestyle	9:30.21	9:20.00	614	18/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Breaststroke	39.95	39.20	388	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
200 Breaststroke	3:38.94	3:36.50	247	23/02/13	Yorkshire Age Group Championships	Leeds	CC3099	1
50 Butterfly	31.70	31.10	457	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Butterfly	1:08.50	1:07.40	531	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
200 Butterfly	2:26.84	2:24.70	570	21/05/17	Derventio Excel 1st May Meet	Sheffield	EM170260	1
50 Backstroke	33.00	32.40	539	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:06.90	1:05.70	629	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Backstroke	2:21.33	2:19.00	661	20/05/17	Derventio Excel 1st May Meet	Sheffield	EM170260	1
200 Individual Medley	2:28.03	2:25.30	618	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
400 Individual Medley	5:09.04	5:03.30	636	11/03/17	Edinburgh International Meet 2017	Edinburgh	SCO1260	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.56	29.30	517	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Freestyle	1:01.93	1:03.30	534	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
200 Freestyle	2:08.82	2:11.50	627	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
400 Freestyle	4:36.28	4:41.30	586	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
800 Freestyle	9:21.48	9:31.70	614	06/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
50 Breaststroke	38.94	39.70	386	05/03/17	Doncaster Dartes March Sprints	Adwick	NE170458	3
100 Breaststroke	1:29.95	1:31.30	333	12/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
200 Breaststroke	3:05.80	3:08.60	379	04/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
50 Butterfly	30.95	31.60	488	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Butterfly	1:07.43	1:08.50	515	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
200 Butterfly	2:27.05	2:29.20	538	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
50 Backstroke	31.93	32.60	494	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Backstroke	1:06.50	1:07.70	562	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
200 Backstroke	2:18.18	2:20.60	637	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Individual Medley	2:28.16	2:30.80	556	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
400 Individual Medley	4:58.91	5:04.70	650	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Individual Medley	1:09.36	1:09.40	540	05/03/17	Doncaster Dartes March Sprints	Adwick	NE170458	3