

Individual Best Times (All Time)

Isabella Askham - (1116924) - Long Eaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.11	28.40	533	29/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
100 Freestyle	1:05.82	1:04.50	484	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
200 Freestyle	2:24.84	2:22.40	472	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
400 Freestyle	5:22.51	5:18.10	388	17/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	SE160109	3
50 Breaststroke	41.03	40.30	358	09/12/18	Derbyshire ASA Long Course Competition 2018	Sheffield	EM181974	3
50 Butterfly	32.11	31.50	440	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
100 Butterfly	1:13.21	1:12.20	435	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
50 Backstroke	35.60	35.00	429	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
100 Backstroke	1:19.06	1:18.00	381	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
200 Backstroke	2:49.28	2:47.30	384	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	EM170259	1
200 Individual Medley	2:45.07	2:42.70	446	09/12/18	Derbyshire ASA Long Course Competition 2018	Sheffield	EM181973	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.97	29.70	495	28/10/17	Belper Marlin Ghoul In The Pool	Matlock	EM171754	3
100 Freestyle	1:04.32	1:05.60	476	16/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
200 Freestyle	2:21.85	2:24.30	470	19/02/17	Derbys ASA 2017 County, Youth & Age Group Champs	Matlock	EM170435	2
400 Freestyle	4:58.44	5:03.10	465	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
800 Freestyle	10:59.19	11:07.90	379	22/10/17	Long Eaton Distance Meet	Derby	EM171474	3
50 Breaststroke	39.17	40.00	379	18/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180369	2
100 Breaststroke	1:26.70	1:28.10	372	24/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190291	2
200 Breaststroke	3:30.78	3:33.30	260	24/07/16	Long Eaton SC Club Championships 2016	Long Eaton	EM161368	4
50 Butterfly	31.37	32.00	469	23/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190291	2
100 Butterfly	1:11.24	1:12.30	436	18/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180369	2
200 Butterfly	2:50.16	2:52.00	347	24/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180370	2
50 Backstroke	34.56	35.10	389	24/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180370	2
100 Backstroke	1:13.94	1:15.00	409	17/02/18	Derbyshire ASA County Championships 2018	Matlock	EM180369	2
200 Backstroke	2:42.46	2:44.50	392	25/02/17	Derbys ASA 2017 County, Youth & Age Group Champs	Matlock	EM170436	2
200 Individual Medley	2:39.53	2:42.00	445	17/03/19	Thirty Sixth City of Derby Short Course Open Meet	Matlock	EM190235	3
400 Individual Medley	6:13.18	6:17.90	334	17/09/16	Long Eaton Distance Club Championships	Ilkeston	EM161875	4
100 Individual Medley	1:12.47	1:12.50	474	16/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2