

# Individual Best Times (All Time)

Heidi Denyer - (1104234) - Wells Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.32	28.60	522	15/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
100 Freestyle	1:06.18	1:04.90	477	12/05/19	ASA SWR Summer Championships	Bristol	SW190489	1
200 Freestyle	2:21.20	2:18.70	510	15/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
400 Freestyle	5:22.12	5:17.70	390	14/05/17	ASA SWR Summer Championships	Bristol	SW170195	1
800 Freestyle	10:27.30	10:18.00	461	02/02/19	Somerset County Championships 2019	Millfield	SW190287	1
50 Breaststroke	37.18	36.30	482	09/02/19	Somerset County Championships 2019	Millfield	SW190288	1
100 Breaststroke	1:23.17	1:21.60	458	11/05/19	ASA SWR Summer Championships	Bristol	SW190489	1
200 Breaststroke	2:55.47	2:52.40	481	18/05/19	ASA SWR Summer Championships	Millfield, Street	SW190490	1
50 Butterfly	30.80	30.20	499	14/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
100 Butterfly	1:11.41	1:10.30	468	15/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
200 Butterfly	2:46.43	2:44.50	392	12/05/19	ASA SWR Summer Championships	Bristol	SW190489	1
50 Backstroke	33.26	32.70	526	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
100 Backstroke	1:14.29	1:13.20	459	28/10/17	Millfield Super Series	Millfield	SW171202	1
200 Backstroke	2:34.24	2:32.10	508	23/01/18	Somerset County Championships 2018	Millfield	SW180228	1
200 Individual Medley	2:34.79	2:32.20	540	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
400 Individual Medley	5:33.56	5:28.20	506	23/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.74	29.50	507	16/01/20	Devon County ASA Championships & Age Group Comp	Plymouth	SW200248	2
100 Freestyle	1:03.62	1:04.90	492	18/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
200 Freestyle	2:18.47	2:21.00	505	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
400 Freestyle	4:57.08	5:01.80	471	18/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
800 Freestyle	10:06.79	10:16.20	487	16/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
50 Breaststroke	37.09	37.90	447	19/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	SW192671	2
100 Breaststroke	1:21.29	1:22.80	451	08/12/18	National Arena Swimming League South R3 2018	Crawley	SE182776	3
200 Breaststroke	2:49.42	2:52.50	501	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
50 Butterfly	30.65	31.30	503	19/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	SW192671	2
100 Butterfly	1:10.09	1:11.20	458	16/01/20	Devon County ASA Championships & Age Group Comp	Plymouth	SW200248	2
200 Butterfly	2:43.88	2:45.80	388	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
50 Backstroke	32.50	33.10	468	17/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	SW192989	2
100 Backstroke	1:09.58	1:10.70	490	13/10/18	NASL South Round One 2018	Burgess Hill	SE182180	3
200 Backstroke	2:32.91	2:35.10	470	24/09/17	Mid Sussex Marlins 2017 Club Championships	Burgess Hill	SE171925	4
200 Individual Medley	2:32.70	2:35.30	508	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
400 Individual Medley	5:24.06	5:29.40	510	16/01/20	Devon County ASA Championships & Age Group Comp	Plymouth	SW200248	2
100 Individual Medley	1:10.34	1:10.30	518	16/06/19	Summer Sizzler	Millfield	SW191445	3