

Individual Best Times (All Time)

Helena Bednall - (1110682) - Leatherhead SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.55	33.90	319	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
100 Freestyle	1:19.21	1:18.10	278	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
200 Freestyle	2:59.07	2:57.10	250	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Breaststroke	49.78	49.10	201	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
100 Breaststroke	1:52.20	1:51.10	186	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
200 Breaststroke	3:46.36	3:44.00	224	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Butterfly	45.38	45.00	156	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Backstroke	35.54	35.00	431	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Backstroke	1:26.84	1:25.90	287	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Backstroke	3:05.19	3:03.40	293	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Individual Medley	3:18.05	3:16.00	258	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.88	31.50	409	20/05/18	Woking 9th B C Grade Octopus Meet	Woking	SE180762	3
100 Freestyle	1:12.41	1:13.60	334	12/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
200 Freestyle	2:34.55	2:36.80	363	29/10/17	Leatherhead Club Championships 2017 - Day 1	Cobham	SE172430	4
400 Freestyle	5:48.79	5:52.80	291	05/12/15	Leatherhead SC Club Championships 2015	Dorking	SE152337	4
50 Breaststroke	44.66	45.40	256	29/10/17	Leatherhead Club Championships 2017 - Day 1	Cobham	SE172430	4
100 Breaststroke	1:43.68	1:44.90	217	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
200 Breaststroke	3:49.63	3:51.90	201	21/12/14	Leatherhead Club Championships	Leatherhead	SE14695	3
50 Butterfly	35.38	35.90	327	20/05/18	Woking 9th B C Grade Octopus Meet	Woking	SE180762	3
50 Backstroke	35.04	35.60	374	20/05/18	Woking 9th B C Grade Octopus Meet	Woking	SE180762	3
100 Backstroke	1:17.53	1:18.60	354	11/12/16	Leatherhead Club Championships 2016	Dorking	SE162546	4
200 Backstroke	2:48.44	2:50.40	352	07/04/18	Surrey Age Group Summer Meet 2018	Guildford Spectrum	LR180779	3
200 Individual Medley	3:16.26	3:18.30	239	13/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
100 Individual Medley	1:19.78	1:19.80	355	25/03/18	Leatherhead Spring Sprints 2018	Dorking	SE180804	4