

Individual Best Times (All Time)

Iona Colbert - (1123221) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.90	27.10	606	04/06/23	Nova June Sprint Meet 2023	Nottingham	EM230180	3
100 Freestyle	59.14	57.70	668	29/04/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
200 Freestyle	2:17.82	2:15.30	548	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1
400 Freestyle	4:44.25	4:39.30	567	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200413	1
800 Freestyle	10:08.48	9:58.90	505	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
50 Breaststroke	48.08	47.40	223	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	NE160174	1
100 Breaststroke	1:26.52	1:25.00	407	11/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM191206	1
200 Breaststroke	3:03.84	3:00.90	418	23/02/19	McCullagh International Meet	Bangor	GBR950	1
50 Butterfly	29.92	29.30	544	05/06/22	Nova Centurion SC June Sprint Meet	Nottingham	EM220529	3
100 Butterfly	1:04.49	1:03.30	636	21/05/22	Swim England Talent Team Prep the Pool	Birmingham	ENG021	1
200 Butterfly	2:28.10	2:26.00	556	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
50 Backstroke	29.82	29.10	730	09/04/22	British Championships 2022	Sheffield	BSW020	1
100 Backstroke	1:02.42	1:01.10	774	06/04/22	British Championships 2022	Sheffield	BSW020	1
200 Backstroke	2:15.57	2:13.10	749	26/07/22	British Summer Championships	Sheffield	BSW022	1
200 Individual Medley	2:23.42	2:20.60	680	05/06/22	Nova Centurion SC June Sprint Meet	Nottingham	EM220529	3
400 Individual Medley	5:05.71	4:59.90	657	14/03/20	2020 London Region Spring Open Meet	London	LR200423	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.15	29.90	486	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
100 Freestyle	58.10	59.50	646	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
200 Freestyle	2:13.50	2:16.10	564	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
400 Freestyle	4:40.15	4:45.10	562	18/11/18	Grantham Winter Club Championships 2018	Grantham	EM182573	3
800 Freestyle	9:39.16	9:49.10	560	16/02/19	Lincolnshire County Championships 2019	Grantham	EM190240	2
50 Breaststroke	37.20	38.00	443	10/02/19	Lincolnshire County Championships 2019	Grantham	EM190239	2
100 Breaststroke	1:21.57	1:23.10	446	27/01/19	Lincolnshire County Championships 2019	Grantham	EM190238	2
200 Breaststroke	2:51.68	2:54.70	481	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
50 Butterfly	30.64	31.30	503	10/02/19	Lincolnshire County Championships 2019	Grantham	EM190239	2
100 Butterfly	1:02.08	1:03.30	659	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Butterfly	2:29.56	2:31.70	511	10/02/19	Lincolnshire County Championships 2019	Grantham	EM190239	2
50 Backstroke	28.19	28.90	718	15/12/22	Irish National Winter Championships	Dublin	GBR1865	2
100 Backstroke	1:00.03	1:01.40	764	15/12/22	Irish National Winter Championships	Dublin	GBR1865	2
200 Backstroke	2:08.59	2:11.20	791	03/12/22	National Winter Championships 2022	Sheffield	ENG027	2
200 Individual Medley	2:18.65	2:21.50	678	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
400 Individual Medley	5:05.93	5:11.60	606	20/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
100 Individual Medley	1:05.87	1:05.90	631	16/12/21	Irish SC Championships 2021	Dublin	GBR1590	2