

Individual Best Times (All Time)

Rachel Shutt - (1148005) - Severnside Tritons Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.25	27.50	583	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Freestyle	1:00.62	59.20	620	26/01/20	URDD National Championships	Cardiff	WL200043	1
200 Freestyle	2:14.60	2:12.00	589	19/01/19	Gloucester County ASA Championships	Hengrove Pool	SW190227	1
400 Freestyle	4:50.28	4:45.40	533	19/05/18	ASA SWR Summer Championships	Millfield	SW180514	1
800 Freestyle	10:00.82	9:51.10	525	07/04/17	City of Bristol International Open Meet	Bristol	SW170399	1
50 Breaststroke	41.42	40.70	348	20/01/19	Gloucester County ASA Championships	Hengrove Pool	SW190227	1
100 Breaststroke	1:55.32	1:54.20	171	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
50 Butterfly	31.16	30.50	481	13/04/19	Tartu Kevad	Tartu, Estonia	GBR1004	3
100 Butterfly	1:08.68	1:07.60	527	26/01/20	URDD National Championships	Cardiff	WL200043	1
200 Butterfly	2:58.81	2:57.00	316	09/04/17	City of Bristol International Open Meet	Bristol	SW170399	1
50 Backstroke	34.36	33.80	477	20/01/19	Gloucester County ASA Championships	Hengrove Pool	SW190227	1
100 Backstroke	1:15.27	1:14.20	441	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1
200 Backstroke	2:49.13	2:47.10	385	13/05/18	ASA SWR Summer Championships	Bristol	SW180513	1
200 Individual Medley	2:38.81	2:36.30	500	20/10/18	Neath ASC Open Meet 2018	WNPS	WL181504	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.57	28.30	575	22/01/18	Gloucester County Championships	Gloucester	SW180285	2
100 Freestyle	58.98	1:00.40	618	24/01/19	Gloucester County ASA Championships	Gloucester	SW190229	2
200 Freestyle	2:13.35	2:15.90	566	12/11/17	Severnside Tritons Club Championships	Bristol	SW171772	4
400 Freestyle	4:36.12	4:41.20	587	24/01/19	Gloucester County ASA Championships	Gloucester	SW190229	2
800 Freestyle	9:45.24	9:55.00	542	22/01/17	Gloucester County Championships	Bristol	SW170227	2
50 Breaststroke	38.89	39.70	388	25/01/18	Gloucester County Championships	Gloucester	SW180286	2
100 Breaststroke	1:31.96	1:33.30	311	12/02/17	Gloucester County Championships	Gloucester	SW170229	2
200 Breaststroke	3:16.44	3:19.10	321	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
50 Butterfly	30.05	30.70	534	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Butterfly	1:07.82	1:08.90	506	26/01/18	Gloucester County Championships	Gloucester	SW180287	2
200 Butterfly	2:43.48	2:45.40	391	24/01/18	Gloucester County Championships	Gloucester	SW180286	2
50 Backstroke	33.53	34.10	427	21/05/21	Severnside Tritons SC	Thornbury	LEX1201	0
100 Backstroke	1:12.03	1:13.10	442	09/12/17	NSL Western Division 1 Final	Newport	WL172608	3
200 Backstroke	2:33.62	2:35.80	464	25/01/18	Gloucester County Championships	Gloucester	SW180286	2
200 Individual Medley	2:33.06	2:35.60	504	23/01/19	Gloucester County ASA Championships	Gloucester	SW190229	2
400 Individual Medley	5:44.68	5:49.70	423	12/02/17	Gloucester County Championships	Gloucester	SW170229	2
100 Individual Medley	1:09.77	1:09.80	531	22/01/19	Gloucester County ASA Championships	Gloucester	SW190228	2