

Individual Best Times (All Time)

Gemma Deighton - (1202371) - Harrogate District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.72	31.10	412	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	1:09.14	1:07.90	418	21/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Freestyle	2:33.99	2:31.70	393	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
400 Freestyle	5:09.84	5:05.30	438	21/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
50 Breaststroke	41.51	40.70	346	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Breaststroke	1:33.21	1:31.80	325	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
50 Butterfly	33.42	32.80	390	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
100 Butterfly	1:13.64	1:12.60	427	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
50 Backstroke	37.12	36.60	378	13/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
100 Backstroke	1:17.69	1:16.60	401	22/12/19	City of Leeds Xmas Meet 2019	Leeds	NE190130	3
200 Individual Medley	2:51.62	2:49.30	396	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.22	31.90	396	06/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
100 Freestyle	1:07.22	1:08.50	417	22/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
200 Freestyle	2:26.07	2:28.40	430	04/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
400 Freestyle	5:11.78	5:16.30	408	15/06/19	Harrogate Summer A Grade Meet	Harrogate	NE190473	3
800 Freestyle	10:29.64	10:38.80	435	11/11/19	Harrogate Club Championships	Harrogate	NE193035	4
1500 Freestyle	20:30.81	20:47.50	401	18/11/19	Harrogate Club Championships	Harrogate	NE193036	4
50 Breaststroke	40.17	40.90	352	30/03/19	Harrogate Spa Town A&B Grade Meet	Harrogate	NE190472	3
100 Breaststroke	1:29.36	1:30.80	339	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3
200 Breaststroke	3:09.57	3:12.30	357	14/10/19	Harrogate Club Championships	Harrogate	NE193034	4
50 Butterfly	33.32	33.90	391	04/01/20	Harrogate Janus Meet	Harrogate Hydro	NE200095	3
100 Butterfly	1:14.56	1:15.60	380	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Butterfly	2:51.41	2:53.20	339	07/10/19	Harrogate Club Championships	Harrogate	NE193033	4
50 Backstroke	35.64	36.20	355	22/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
100 Backstroke	1:16.16	1:17.20	374	22/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
200 Backstroke	2:41.22	2:43.30	401	07/10/19	Harrogate Club Championships	Harrogate	NE193033	4
200 Individual Medley	2:41.75	2:44.20	427	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
400 Individual Medley	5:46.43	5:51.50	417	30/09/19	Harrogate Club Championships	Harrogate	NE193032	4
100 Individual Medley	1:18.43	1:18.40	374	03/06/19	Harrogate District SC Summer Club Championships	Harrogate Hydro	NE192013	4