

Individual Best Times (All Time)

Delaine Cotton - (1227240) - Ilkeston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.95	30.30	443	01/03/20	Nova March Meet (Level 3)	Nottingham	EM200415	3
100 Freestyle	1:09.97	1:08.80	403	01/03/20	Nova March Meet (Level 3)	Nottingham	EM200415	3
200 Freestyle	2:37.02	2:34.80	371	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
800 Freestyle	13:05.00	12:57.60	235	16/12/16	Northampton Winter Festival	Corby	EM161800	3
50 Breaststroke	39.74	38.90	395	14/03/20	Liverpool Spring Open Meet 2020	Liverpool	NW200058	1
100 Breaststroke	1:28.74	1:27.30	377	01/03/20	Nova March Meet (Level 3)	Nottingham	EM200415	3
200 Breaststroke	3:20.84	3:18.20	321	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Butterfly	34.82	34.30	345	08/09/21	City of Coventry 50m Sprints 2021	Coventry	WM210390	3
50 Backstroke	37.31	36.80	373	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Backstroke	1:21.88	1:20.90	343	10/03/19	Nova Centurion March Sprint Meet 2019	Nottingham	EM190181	3
200 Backstroke	3:00.85	2:59.00	315	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.63	31.30	419	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Freestyle	1:07.97	1:09.20	404	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Freestyle	2:27.49	2:29.80	418	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
400 Freestyle	5:19.13	5:23.50	380	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
800 Freestyle	11:24.45	11:32.90	339	06/07/18	17th Biddulph ASC Open Meet	Biddulph	WM180937	3
50 Breaststroke	39.37	40.20	374	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Breaststroke	1:26.24	1:27.70	378	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Breaststroke	3:09.88	3:12.60	355	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
50 Butterfly	34.26	34.80	360	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Butterfly	1:17.74	1:18.70	336	20/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
200 Butterfly	3:23.23	3:24.80	203	10/12/17	City of Derby Club Championships 2017	Derby	EM171976	4
50 Backstroke	36.65	37.20	327	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Backstroke	1:17.66	1:18.70	353	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Backstroke	2:47.23	2:49.20	359	17/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
200 Individual Medley	2:49.71	2:52.00	370	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
400 Individual Medley	5:45.16	5:50.20	422	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Individual Medley	1:17.26	1:17.30	391	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2