

Individual Best Times (All Time)

Bonnie Carruthers - (1242146) - Ramsbottom SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.62	29.90	458	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:07.92	1:06.70	441	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Freestyle	2:38.71	2:36.50	359	18/12/22	City of Leeds SC Xmas Cracker Meet	Leeds	NE220857	3
50 Breaststroke	36.23	35.40	521	05/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
100 Breaststroke	1:20.88	1:19.30	498	02/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Breaststroke	2:55.34	2:52.30	482	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
50 Butterfly	32.56	32.00	422	17/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
100 Butterfly	1:14.69	1:13.70	409	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
50 Backstroke	35.32	34.70	439	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
200 Individual Medley	2:41.85	2:39.40	473	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
400 Individual Medley	5:48.81	5:43.70	442	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.75	30.40	457	25/11/23	Ramsbottom Autumn Meet 2023	Bury	NW231875	3
100 Freestyle	1:05.91	1:07.20	443	22/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
200 Freestyle	2:27.56	2:29.90	417	18/06/23	Ramsbottom Summer Splash Meet 2023	Castle LC	NW230826	3
400 Freestyle	5:32.85	5:37.00	335	11/12/22	Ramsbottom December Distance Meet 2022	Ramsbottom	NW222498	4
50 Breaststroke	35.80	36.70	497	26/11/23	Ramsbottom Autumn Meet 2023	Bury	NW231875	3
100 Breaststroke	1:19.55	1:21.10	481	02/12/23	Bolton Metro SS Christmas Countdown 2023	Bolton	NW232353	3
200 Breaststroke	3:06.02	3:08.80	378	04/12/22	Preston SC Christmas Countdown Meet 2022	Darwen	NW222185	4
50 Butterfly	32.12	32.70	437	25/11/23	Ramsbottom Autumn Meet 2023	Bury	NW231875	3
100 Butterfly	1:12.93	1:14.00	407	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
200 Butterfly	2:47.48	2:49.40	364	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
50 Backstroke	34.97	35.50	376	26/11/23	Ramsbottom Autumn Meet 2023	Bury	NW231875	3
100 Backstroke	1:17.67	1:18.70	352	26/11/23	Ramsbottom Autumn Meet 2023	Bury	NW231875	3
200 Individual Medley	2:37.06	2:39.60	467	02/12/23	Bolton Metro SS Christmas Countdown 2023	Bolton	NW232353	3
100 Individual Medley	1:14.42	1:14.40	437	23/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3