

Individual Best Times (All Time)

Rubaidh Birch - (1345581) - Hoylake SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.37	29.70	469	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Freestyle	1:07.47	1:06.20	450	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
50 Breaststroke	39.64	38.80	398	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Breaststroke	1:26.95	1:25.50	401	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Breaststroke	3:08.65	3:05.80	387	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
50 Butterfly	33.08	32.50	402	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
50 Backstroke	38.60	38.10	336	09/06/24	City of Liverpool Splash and Dash Meet 2024	Liverpool	NW240533	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.29	31.00	433	14/12/23	Bebington SC Qualifier Meet 2023	Birkenhead	NW231635	4
100 Freestyle	1:05.77	1:07.00	445	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:24.89	2:27.30	441	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	5:15.96	5:20.40	392	15/12/23	Bebington SC Qualifier Meet 2023	Birkenhead	NW231635	4
800 Freestyle	10:57.54	11:06.30	382	17/05/24	Hoylake Club Championship 2024	West Kirby	NW240977	4
1500 Freestyle	21:19.22	21:35.30	357	12/05/23	Hoylake Club Championship 2023	West Kirby	NW231113	4
50 Breaststroke	38.61	39.40	396	15/12/23	Bebington SC Qualifier Meet 2023	Birkenhead	NW231635	4
100 Breaststroke	1:22.97	1:24.50	424	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:01.89	3:04.80	404	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	32.64	33.20	416	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:16.24	1:17.20	356	16/10/22	Liverpool & District Age Group & Swimming Champs	Knowsley	NW221397	3
50 Backstroke	38.51	39.00	281	22/04/23	Hoylake Club Championship 2023	Birkenhead	NW231112	4
100 Backstroke	1:20.18	1:21.20	320	14/04/24	Hoylake Club Championship 2024	Birkenhead	NW240976	4
200 Backstroke	3:09.39	3:11.10	247	06/07/19	Hoylake Club Competition	West Kirby	NW191999	4
200 Individual Medley	2:49.53	2:51.80	371	18/03/23	Swim Conwy Spring Meet 2023	Llandudno	WL230458	3
400 Individual Medley	6:06.87	6:11.60	351	22/04/23	Hoylake Club Championship 2023	Birkenhead	NW231112	4
100 Individual Medley	1:16.09	1:16.10	409	14/12/23	Bebington SC Qualifier Meet 2023	Birkenhead	NW231635	4