

Individual Best Times (All Time)

Martha Day - (1346102) - Cinderford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.10	32.50	362	31/01/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Freestyle	1:10.96	1:09.80	386	01/02/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
200 Freestyle	2:36.15	2:33.90	377	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
400 Freestyle	5:46.35	5:42.30	313	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Breaststroke	46.87	46.20	240	19/01/20	Gloucester County Championships	Hengrove, Bristol	SW200241	1
50 Backstroke	36.37	35.80	402	03/02/22	Gloucester County Champions 2022 Finals	Hengrove LC	SW220714	1
100 Backstroke	1:19.13	1:18.10	380	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Backstroke	2:48.53	2:46.50	390	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.70	32.40	378	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Freestyle	1:10.15	1:11.30	367	31/10/21	City of Bristol Early Bird Meet	Bristol	SW210406	3
200 Freestyle	2:30.02	2:32.30	397	20/03/22	Gloucester City SC Spring Level 3 Open Meet	Gloucester	SW220258	3
400 Freestyle	5:18.94	5:23.30	381	20/03/22	Gloucester City SC Spring Level 3 Open Meet	Gloucester	SW220258	3
50 Breaststroke	43.26	44.00	282	18/09/22	Gloucester City SC Autumn Level 3 Sprint Meet	Gloucester	SW221389	3
100 Breaststroke	1:34.96	1:36.30	283	03/07/22	Gloucester City Swimming Club Summer L3 Open Meet	Gloucester	SW220614	3
200 Breaststroke	3:28.70	3:31.20	268	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
50 Butterfly	39.03	39.50	243	18/09/22	Gloucester City SC Autumn Level 3 Sprint Meet	Gloucester	SW221389	3
50 Backstroke	35.72	36.30	353	13/11/22	Cinderford & District SC Low Level 4 Club Champs	Monmouth School	SW221891	4
100 Backstroke	1:14.67	1:15.70	397	20/03/22	Gloucester City SC Spring Level 3 Open Meet	Gloucester	SW220258	3
200 Backstroke	2:46.37	2:48.40	365	14/11/22	Cinderford & District SC Low Level 4 Club Champs	Monmouth School	SW221891	4
200 Individual Medley	3:02.14	3:04.30	299	31/10/21	City of Bristol Early Bird Meet	Bristol	SW210406	3
100 Individual Medley	1:22.27	1:22.30	324	18/09/22	Gloucester City SC Autumn Level 3 Sprint Meet	Gloucester	SW221389	3