

Individual Best Times (All Time)

Harriet Rawlings - (1363353) - Southport SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------------|----------|-------|
| 50 Freestyle | 30.02 | 29.30 | 486 | 12/02/23 | Lancashire County Age Groups & Championships 2023 | Liverpool | NW230073 | 1 |
| 100 Freestyle | 1:07.30 | 1:06.00 | 453 | 30/01/22 | Lancs County Age Groups & Championships 2022 | Wavertree LC | NW220240 | 1 |
| 200 Freestyle | 2:27.06 | 2:24.70 | 451 | 06/02/22 | Lancs County Age Groups & Championships 2022 | Wavertree LC | NW220241 | 1 |
| 400 Freestyle | 5:27.65 | 5:23.30 | 370 | 14/03/20 | Liverpool Spring Open Meet 2020 | Liverpool | NW200058 | 1 |
| 50 Breaststroke | 35.69 | 34.80 | 545 | 20/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240304 | 1 |
| 100 Breaststroke | 1:19.85 | 1:18.30 | 518 | 05/02/23 | Lancashire County Age Groups & Championships 2023 | Liverpool | NW230072 | 1 |
| 200 Breaststroke | 2:56.16 | 2:53.10 | 476 | 29/01/23 | Lancashire County Age Groups & Championships 2023 | Liverpool | NW230071 | 1 |
| 50 Butterfly | 31.12 | 30.50 | 483 | 26/03/23 | SE North West Regional Summer Championships 2023 | Liverpool | NW230689 | 1 |
| 100 Butterfly | 1:16.29 | 1:15.30 | 384 | 23/01/22 | Lancs County Age Groups & Championships 2022 | Wavertree LC | NW220239 | 1 |
| 200 Individual Medley | 2:44.87 | 2:42.50 | 447 | 22/01/22 | Lancs County Age Groups & Championships 2022 | Wavertree LC | NW220239 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 29.51 | 30.20 | 469 | 05/03/22 | Burnley Bobcats 'Racing for Regionals' 2022 | Darwen | NW220335 | 3 |
| 100 Freestyle | 1:04.97 | 1:06.20 | 462 | 04/12/22 | Preston SC Christmas Countdown Meet 2022 | Darwen | NW222185 | 4 |
| 200 Freestyle | 2:27.14 | 2:29.50 | 421 | 09/11/21 | Southport SC Club Championships | Dunes LC | NW211399 | 4 |
| 400 Freestyle | 5:26.31 | 5:30.60 | 356 | 12/11/19 | Southport Club Championships | Dunes LC | NW193169 | 4 |
| 50 Breaststroke | 36.30 | 37.20 | 477 | 12/06/22 | Preston SC Summer Spectacular | Darwen | NW220659 | 3 |
| 100 Breaststroke | 1:19.28 | 1:20.90 | 486 | 11/12/22 | North West Arena Premier Division A - Final 2022 | Blackpool | NW222515 | 3 |
| 200 Breaststroke | 2:56.03 | 2:59.00 | 446 | 04/12/22 | Preston SC Christmas Countdown Meet 2022 | Darwen | NW222185 | 4 |
| 50 Butterfly | 31.03 | 31.60 | 485 | 04/12/22 | Preston SC Christmas Countdown Meet 2022 | Darwen | NW222185 | 4 |
| 100 Butterfly | 1:15.34 | 1:16.30 | 369 | 06/03/22 | Burnley Bobcats 'Racing for Regionals' 2022 | Darwen | NW220335 | 3 |
| 50 Backstroke | 38.36 | 38.90 | 285 | 07/07/19 | Southport End of Season Sprint Finale | Knowsley | NW191585 | 3 |
| 100 Backstroke | 1:31.01 | 1:31.90 | 219 | 09/06/18 | PSC Summer Spectacular - L3 Open Meet | Darwen | NW180480 | 3 |
| 200 Individual Medley | 2:44.59 | 2:47.00 | 405 | 05/03/22 | Burnley Bobcats 'Racing for Regionals' 2022 | Darwen | NW220335 | 3 |
| 100 Individual Medley | 1:18.44 | 1:18.40 | 373 | 29/09/19 | North Lancashire Level 2 Age Groups & Champs | Blackpool | NW191770 | 2 |