

Individual Best Times (All Time)

Rebecca Ramm - (1371362) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:25.92	1:24.90	217	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
50 Breaststroke	46.31	45.60	249	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Breaststroke	1:52.24	1:51.10	186	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
200 Breaststroke	3:56.72	3:54.50	196	15/12/19	RTSC Christmas Cracker	Stratford	LR192156	3
50 Butterfly	43.15	42.70	181	15/12/19	RTSC Christmas Cracker	Stratford	LR192156	3
50 Backstroke	42.11	41.60	259	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Backstroke	1:33.93	1:33.10	227	15/12/19	RTSC Christmas Cracker	Stratford	LR192156	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.53	32.20	384	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:09.05	1:10.30	385	02/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
200 Freestyle	2:35.49	2:37.70	357	20/05/23	Basildon & Phoenix Spring SC Meet 2023	Basildon	ER230820	3
400 Freestyle	6:08.02	6:11.80	248	07/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
800 Freestyle	13:10.86	13:18.20	219	09/06/19	WDSC Summer Champs 2019	Witham LC	ER191549	4
1500 Freestyle	25:59.34	26:12.60	197	16/06/19	WDSC Summer Champs 2019	Witham LC	ER191550	4
50 Breaststroke	42.55	43.30	296	03/06/23	Chelmsford City SC Summer Sprints Meet 2023	Riverside	ER230497	3
100 Breaststroke	1:33.27	1:34.60	298	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
200 Breaststroke	3:33.37	3:35.80	250	07/11/21	Witham Dolphins SC Winter Champs 2021	Witham	ER210613	4
50 Butterfly	35.56	36.10	322	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:43.08	1:43.80	144	24/11/19	WDSC Winter Champs 2019	Witham	ER193019	4
50 Backstroke	39.27	39.80	265	02/07/23	Witham Invitational Summer Festival of Swimming	Witham	ER231144	4
100 Backstroke	1:27.81	1:28.70	244	12/12/21	Witham Dolphins SC Winter Champs 2021	Witham	ER210615	4
200 Backstroke	3:11.80	3:13.50	238	10/11/19	WDSC Winter Champs 2019	Witham	ER193018	4
200 Individual Medley	2:52.00	2:54.30	355	01/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	ER230462	3
100 Individual Medley	1:21.83	1:21.80	329	23/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3