

# Individual Best Times (All Time)

Beth Lewis - (1411458) - Scunthorpe Anchor SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.45	1:07.20	431	21/01/24	Team Jorvik New Year Festival 2024	Leeds	NE240003	3
400 Freestyle	5:07.24	5:02.60	449	03/02/24	Yorkshire SA Championships 2024	Leeds	NE240024	1
100 Backstroke	1:21.24	1:20.20	351	21/01/24	Team Jorvik New Year Festival 2024	Leeds	NE240003	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	446	08/06/24	Scunthorpe Anchor Club Sprints 2024	Scunthorpe	NE241391	4
100 Freestyle	1:08.78	1:10.00	389	18/11/23	Scunthorpe Anchor Club Championships 2023	Ridding Pool	NE232242	4
200 Freestyle	2:25.23	2:27.60	438	24/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4
400 Freestyle	5:01.05	5:05.70	453	16/11/23	Scunthorpe Anchor Club Championships 2023	Ridding Pool	NE232242	4
800 Freestyle	10:21.40	10:30.60	453	17/11/23	Scunthorpe Anchor Club Championships 2023	Ridding Pool	NE232242	4
50 Breaststroke	41.81	42.60	312	08/06/24	Scunthorpe Anchor Club Sprints 2024	Scunthorpe	NE241391	4
100 Breaststroke	1:31.96	1:33.30	311	18/11/23	Scunthorpe Anchor Club Championships 2023	Ridding Pool	NE232242	4
200 Breaststroke	3:18.97	3:21.60	309	25/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4
50 Butterfly	35.38	35.90	327	29/10/23	Beverley Barracudas SC Halloween Meet 2023	Beverley	NE231260	3
50 Backstroke	36.42	37.00	333	12/11/23	Scunthorpe Anchor ASC Remembrance Meet 2023	Scunthorpe	NE231712	3
100 Backstroke	1:19.00	1:20.00	335	25/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4
200 Backstroke	2:48.89	2:50.90	349	24/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4
200 Individual Medley	2:49.87	2:52.20	369	25/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4
100 Individual Medley	1:19.03	1:19.00	365	24/11/23	Scunthorpe Anchor Club Championships 2023	Riddings Pool	NE232243	4