

# Individual Best Times (All Time)

Isobel Micklethwait - (1426743) - Wear Valley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.97	31.30	402	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:10.20	1:09.00	399	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Freestyle	2:37.52	2:35.30	367	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Butterfly	35.74	35.20	319	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	36.44	35.90	400	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Backstroke	1:18.98	1:18.00	382	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Backstroke	2:49.16	2:47.20	385	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.48	32.10	386	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
100 Freestyle	1:08.09	1:09.30	401	01/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
200 Freestyle	2:30.26	2:32.60	395	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
400 Freestyle	5:26.11	5:30.40	356	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
800 Freestyle	11:55.53	12:03.60	297	10/12/22	South Tyneside SC Invitational Distance Time Trial	South Shields	NE222495	4
50 Breaststroke	50.59	51.20	176	17/09/22	Richmond Dales The Iain Young Back to Pool Gala	Neptune Centre	NE221549	3
100 Breaststroke	1:37.69	1:39.00	260	11/11/23	Wear Valley L3 Meet 2023	Bishop Auckland	NE231612	3
200 Breaststroke	3:35.42	3:37.90	243	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
50 Butterfly	33.66	34.20	379	16/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Butterfly	1:22.13	1:23.10	285	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
200 Butterfly	3:21.97	3:23.50	207	05/03/23	Derwentside ASC Development Meet 2023	Stanley	NE230440	3
50 Backstroke	36.02	36.60	344	17/12/23	Middlesbrough ASC December Meet 2023	Middlesborough	NE231613	3
100 Backstroke	1:15.45	1:16.50	385	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Backstroke	2:45.07	2:47.10	374	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
200 Individual Medley	2:53.26	2:55.50	347	21/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
400 Individual Medley	6:11.82	6:16.50	337	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
100 Individual Medley	1:20.87	1:20.90	341	11/11/23	Wear Valley L3 Meet 2023	Bishop Auckland	NE231612	3