

# Individual Best Times (All Time)

Phoebe Bruce - (1429259) - Cranleigh SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue              | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------------|----------|-------|
| 50 Freestyle          | 31.99    | 31.30           | 402       | 03/07/22 | English Schools SA Summer Open Meet              | Crawley            | SE220702 | 3     |
| 100 Freestyle         | 1:09.57  | 1:08.40         | 410       | 03/12/22 | RRSC Last Chance County Qualifier 22             | Aldershot          | SE222310 | 3     |
| 400 Freestyle         | 5:27.73  | 5:23.40         | 370       | 04/12/22 | RRSC Last Chance County Qualifier 22             | Aldershot          | SE222310 | 3     |
| 800 Freestyle         | 11:21.29 | 11:12.70        | 360       | 06/01/23 | Crawley Speedo New Year LC L3 Gala 2023          | Crawley            | SE230183 | 3     |
| 50 Breaststroke       | 44.86    | 44.20           | 274       | 25/09/22 | Lis Hartley L3 Open Meet Crawley 2022            | K2 Crawley         | SE221387 | 3     |
| 100 Breaststroke      | 1:38.30  | 1:37.00         | 277       | 25/09/22 | Lis Hartley L3 Open Meet Crawley 2022            | K2 Crawley         | SE221387 | 3     |
| 50 Butterfly          | 39.69    | 39.20           | 233       | 08/01/22 | Crawley Speedo New Year L3 Gala 2022             | Crawley            | SE220201 | 3     |
| 100 Butterfly         | 1:28.66  | 1:27.80         | 245       | 25/09/22 | Lis Hartley L3 Open Meet Crawley 2022            | K2 Crawley         | SE221387 | 3     |
| 50 Backstroke         | 38.07    | 37.50           | 351       | 03/04/22 | Bracknell & Wokingham SC Regional Qualifier Meet | Aldershot Garrison | SE220327 | 3     |
| 100 Backstroke        | 1:21.98  | 1:21.00         | 341       | 09/07/23 | ESSA Summer Open Championships 2023              | Crawley            | SE230715 | 3     |
| 200 Backstroke        | 2:55.43  | 2:53.50         | 345       | 08/07/23 | ESSA Summer Open Championships 2023              | Crawley            | SE230715 | 3     |
| 200 Individual Medley | 3:00.97  | 2:58.80         | 338       | 02/07/22 | English Schools SA Summer Open Meet              | Crawley            | SE220702 | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 31.40    | 32.10           | 389       | 26/06/22 | Atlantis SC Summer Splash 2022                  | Horsham    | SE220237 | 3     |
| 100 Freestyle         | 1:08.60  | 1:09.80         | 393       | 21/05/23 | Cranleigh SC Summer Gala 2023                   | Cranleigh  | SE230983 | 3     |
| 200 Freestyle         | 2:30.65  | 2:32.90         | 392       | 21/05/23 | Cranleigh SC Summer Gala 2023                   | Cranleigh  | SE230983 | 3     |
| 400 Freestyle         | 5:26.52  | 5:30.80         | 355       | 08/07/22 | Cranleigh SC Club Championships July 2022       | Cranleigh  | SE221078 | 4     |
| 800 Freestyle         | 11:24.47 | 11:32.90        | 339       | 12/06/22 | Wey Valley SC 800m Free Invitational Time Trial | Godalming  | SE221152 | 4     |
| 1500 Freestyle        | 20:58.00 | 21:14.30        | 376       | 23/10/22 | Hart SC Distance Meet 2022                      | Hart       | SE221974 | 3     |
| 50 Breaststroke       | 43.37    | 44.10           | 279       | 13/11/22 | Cranleigh Club Championship                     | Cranleigh  | SE221721 | 4     |
| 100 Breaststroke      | 1:33.19  | 1:34.50         | 299       | 17/10/21 | Cranleigh SC Club Championships 2021            | Cranleigh  | SE211197 | 4     |
| 200 Breaststroke      | 3:19.17  | 3:21.80         | 308       | 11/12/22 | Cranleigh Club Championship                     | Cranleigh  | SE221722 | 4     |
| 50 Butterfly          | 36.74    | 37.30           | 292       | 08/10/23 | Cranleigh SC Autumn Open Meet 2023              | Cranleigh  | SE231880 | 3     |
| 100 Butterfly         | 1:25.71  | 1:26.60         | 250       | 08/10/23 | Cranleigh SC Autumn Open Meet 2023              | Cranleigh  | SE231880 | 3     |
| 50 Backstroke         | 36.63    | 37.20           | 327       | 12/12/21 | Cranleigh SC Club Championships 2021            | Cranleigh  | SE211200 | 4     |
| 100 Backstroke        | 1:19.25  | 1:20.30         | 332       | 14/10/23 | National Arena Swimming League South R1 2023    | Portsmouth | SE231990 | 4     |
| 200 Backstroke        | 2:47.68  | 2:49.70         | 356       | 02/04/23 | Arun Tridents SC Easter Open 2023               | Arun       | SE230393 | 3     |
| 200 Individual Medley | 2:54.56  | 2:56.80         | 340       | 10/10/21 | Cranleigh ASC Oct 2021 Open Meet                | Cranleigh  | SE210316 | 3     |
| 100 Individual Medley | 1:20.07  | 1:20.10         | 351       | 21/05/23 | Cranleigh SC Summer Gala 2023                   | Cranleigh  | SE230983 | 3     |