

Individual Best Times (All Time)

Kath Baker - (144046) - British Army

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	502	02/05/11	BG South West Region Youth Championships	Street	SWR101	1
100 Freestyle	1:02.12	1:00.80	576	08/01/11	Swim Wales New Year Dragon Meet	Swansea	WAL335	1
200 Freestyle	2:15.05	2:12.50	583	01/05/11	BG South West Region Youth Championships	Street	SWR101	1
400 Freestyle	4:47.88	4:43.00	546	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
800 Freestyle	10:16.74	10:07.30	485	23/06/02	Scottish National Age Groups	Glasgow	SCO070	1
1500 Freestyle	18:45.73	18:27.30	546	19/05/18	ASA SWR Summer Championships	Millfield	SW180514	1
50 Breaststroke	36.60	35.70	505	29/04/06	South West Region Youth	Millfield	SWR605	1
100 Breaststroke	1:18.60	1:17.00	543	01/05/06	South West Region Youth	Millfield	SWR605	1
200 Breaststroke	2:49.34	2:46.20	535	29/04/06	South West Region Youth	Millfield	SWR605	1
50 Butterfly	31.85	31.20	451	24/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
100 Butterfly	1:09.82	1:08.70	501	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	SW180292	1
100 Backstroke	1:15.68	1:14.60	434	03/05/09	South West Region Youth Ch	Millfield	SWR905	1
200 Backstroke	2:36.19	2:34.00	490	30/04/11	BG South West Region Youth Championships	Street	SWR101	1
200 Individual Medley	2:29.01	2:26.30	606	07/01/11	Swim Wales New Year Dragon Meet	Swansea	WAL335	1
400 Individual Medley	5:22.11	5:16.60	562	18/04/10	Taunton Deane Easter Meet	Millfield	SW0016	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.78	29.50	505	06/03/11	Wiltshire County Champioships	Swindon	CC1109	2
100 Freestyle	1:00.85	1:02.20	563	17/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	SW180099	2
200 Freestyle	2:10.21	2:12.80	608	05/03/11	Wiltshire County Champioships	Swindon	CC1109	2
400 Freestyle	4:38.53	4:43.50	572	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
800 Freestyle	9:38.84	9:48.70	561	28/01/06	Wiltshire County Champs	Various	CC6076	2
1500 Freestyle	18:22.97	18:41.50	558	20/01/18	Poole SC Long Distance	Dorchester	SW180395	3
50 Breaststroke	35.39	36.30	515	12/01/07	Scottish Nationals 2007	Tollcross	SCO226	1
100 Breaststroke	1:15.79	1:17.40	557	28/02/10	Wiltshire County Champs	Swindon	CC0067	2
200 Breaststroke	2:43.69	2:46.90	555	11/03/06	Wiltshire County Champs	Swindon	CC6078	2
50 Butterfly	30.80	31.40	495	04/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	SW180097	2
100 Butterfly	1:07.93	1:09.00	503	16/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
200 Butterfly	2:37.01	2:39.00	442	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
50 Backstroke	33.88	34.50	413	04/07/10	ASA SWR Sprint Comp	Gloucester	SW0188	3
100 Backstroke	1:10.00	1:11.10	482	05/03/11	Wiltshire County Champioships	Swindon	CC1109	2
200 Backstroke	2:27.73	2:30.00	521	06/03/11	Wiltshire County Champioships	Swindon	CC1109	2
200 Individual Medley	2:24.86	2:27.60	595	07/11/10	South West Region Champs	Millfield	SWR007	2
400 Individual Medley	5:10.36	5:16.00	580	27/02/10	Wiltshire County Champs	Swindon	CC0067	2
100 Individual Medley	1:07.78	1:07.80	579	06/03/11	Wiltshire County Champioships	Swindon	CC1109	2