

Individual Best Times (All Time)

Ruth Poyntz-Wright - (1443884) - Gloucester City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.94	32.30	368	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:14.16	1:13.00	339	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:31.19	2:28.90	415	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
400 Freestyle	5:26.98	5:22.70	373	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
800 Freestyle	11:03.45	10:54.70	390	05/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
1500 Freestyle	21:00.51	20:44.00	389	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
50 Breaststroke	41.52	40.80	346	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:29.70	1:28.30	365	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Breaststroke	3:13.33	3:10.60	360	04/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Butterfly	36.74	36.20	294	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Butterfly	1:26.60	1:25.70	262	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Butterfly	3:21.09	3:19.50	222	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Backstroke	37.76	37.20	359	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:25.10	1:24.10	305	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Backstroke	2:56.10	2:54.20	341	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
200 Individual Medley	2:56.65	2:54.40	363	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
400 Individual Medley	6:09.87	6:05.10	371	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.22	32.90	360	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Freestyle	1:10.07	1:11.30	368	15/06/24	Clevedon ASC Summerset Sizzler Level 3 Meet	Weston Super Mare	SW240335	3
200 Freestyle	2:31.62	2:33.90	385	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
400 Freestyle	5:16.97	5:21.40	388	18/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
800 Freestyle	10:41.49	10:50.40	412	15/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
1500 Freestyle	20:26.23	20:43.00	406	15/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
50 Breaststroke	41.73	42.50	314	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Breaststroke	1:28.82	1:30.20	346	19/03/23	Gloucester City SC Spring L3 Open Meet 2023	Gloucester	SW230338	3
200 Breaststroke	3:09.55	3:12.30	357	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Butterfly	36.79	37.30	291	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
100 Butterfly	1:26.74	1:27.60	241	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
200 Butterfly	3:04.14	3:05.90	274	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
50 Backstroke	36.59	37.10	328	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Backstroke	1:19.52	1:20.50	328	02/07/23	Gloucetser City SC Summer L3 Open Meet	Gloucester	SW230999	3
200 Backstroke	2:45.10	2:47.10	373	15/06/24	Clevedon ASC Summerset Sizzler Level 3 Meet	Weston Super Mare	SW240335	3
200 Individual Medley	2:50.37	2:52.70	365	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
400 Individual Medley	5:57.57	6:02.50	379	21/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2

