

Individual Best Times (All Time)

Libby Rook - (1444278) - Barnstaple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.39	30.70	425	23/04/23	SE South West Summer Regional Championships 2023	Millfield	SW230522	1
100 Freestyle	1:10.87	1:09.70	388	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Freestyle	2:43.22	2:41.10	330	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
50 Breaststroke	43.26	42.50	306	22/04/23	SE South West Summer Regional Championships 2023	Millfield	SW230522	1
50 Butterfly	35.72	35.20	319	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Backstroke	36.50	35.90	398	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Backstroke	1:18.98	1:18.00	382	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Backstroke	3:17.06	3:15.40	244	20/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
200 Individual Medley	3:06.93	3:04.80	307	18/01/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.54	31.20	423	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Freestyle	1:07.98	1:09.20	403	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Freestyle	2:32.40	2:34.70	379	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
400 Freestyle	5:55.60	5:59.50	275	14/12/22	Barnstaple SC 400m Club Championships 2022	Barnstaple	SW222436	4
800 Freestyle	11:24.44	11:32.90	339	17/11/23	Barnstaple SC 2023 Joint 800m Club Championships	Tarka	SW232250	4
1500 Freestyle	22:19.19	22:34.50	311	24/11/23	Barnstaple SC 2023 Joint 1500m Club Championships	Tarka LC	SW232319	4
50 Breaststroke	40.95	41.70	332	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Breaststroke	1:33.30	1:34.60	298	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
50 Butterfly	34.99	35.50	338	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Butterfly	1:27.83	1:28.70	233	02/04/23	Yeovil & District SC Spring Fling 2023	Millfield	SW230476	3
50 Backstroke	34.35	34.90	397	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Backstroke	1:19.12	1:20.10	333	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
200 Backstroke	2:55.45	2:57.30	311	08/07/23	Barnstaple SC 2023 Club Champs Day 2	Barnstaple	SW231292	4
200 Individual Medley	2:57.70	2:59.90	322	01/07/23	Barnstaple SC Club Championships 2023 Day 1	Barnstaple	SW231266	4
100 Individual Medley	1:21.63	1:21.60	331	13/01/24	Devon County ASA Interclub 2024	Plymouth	SW240143	2