

# Individual Best Times (All Time)

Iris O'connell - (1445501) - Soundwell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.44	31.80	385	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:09.62	1:08.40	409	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
200 Freestyle	2:33.24	2:31.00	399	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
50 Breaststroke	43.99	43.30	291	09/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
100 Breaststroke	1:32.86	1:31.50	329	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
200 Breaststroke	3:17.05	3:14.30	340	28/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Butterfly	35.96	35.40	313	13/05/23	SE South West Summer Regional Championships 2023	Hengrove	SW230524	1
100 Butterfly	1:22.97	1:22.00	298	23/04/23	SE South West Summer Regional Championships 2023	Millfield	SW230522	1
200 Butterfly	3:10.71	3:09.00	260	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
50 Backstroke	37.03	36.50	381	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:19.26	1:18.20	378	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
200 Backstroke	2:45.40	2:43.40	412	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
200 Individual Medley	2:47.21	2:44.80	429	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea	WL240258	1
400 Individual Medley	5:57.41	5:52.50	411	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.30	32.00	393	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Freestyle	1:08.17	1:09.40	400	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Freestyle	2:30.58	2:32.90	393	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
50 Breaststroke	41.82	42.60	312	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Breaststroke	1:31.79	1:33.20	313	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Breaststroke	3:11.00	3:13.70	349	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
50 Butterfly	36.30	36.80	302	18/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
100 Butterfly	1:18.65	1:19.60	324	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
200 Butterfly	3:15.12	3:16.70	230	03/12/22	Soundwell Swimming Club County Qualifier	GL1 LC	SW221448	3
50 Backstroke	35.40	36.00	362	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Backstroke	1:16.32	1:17.40	372	22/10/23	Gloucester City SC Autumn L2 Open Meet 2023	Gloucester	SW231829	2
200 Backstroke	2:38.92	2:41.00	419	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Individual Medley	2:44.18	2:46.60	408	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
400 Individual Medley	5:46.66	5:51.70	416	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Individual Medley	1:20.22	1:20.20	349	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3