

Individual Best Times (All Time)

Isobel Allsop - (1461816) - Grantham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.26	31.60	392	04/06/23	Nova June Sprint Meet 2023	Nottingham	EM230180	3
100 Freestyle	1:10.87	1:09.70	388	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	38.21	37.40	444	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Breaststroke	1:21.93	1:20.40	479	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Breaststroke	3:00.40	2:57.40	443	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
50 Butterfly	41.67	41.20	201	04/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
50 Backstroke	35.52	34.90	432	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
100 Backstroke	1:16.74	1:15.70	416	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
200 Backstroke	2:45.83	2:43.80	409	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Individual Medley	2:56.31	2:54.10	366	04/06/23	Nova June Sprint Meet 2023	Nottingham	EM230180	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.65	31.30	418	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
100 Freestyle	1:06.95	1:08.20	422	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
200 Freestyle	2:32.21	2:34.50	380	23/09/23	Grantham SC Club Championships 2023	Grantham	EM231236	4
400 Freestyle	5:19.45	5:23.80	379	23/09/23	Grantham SC Club Championships 2023	Grantham	EM231236	4
800 Freestyle	10:52.03	11:00.80	392	20/01/24	Lincolnshire County Championships 2024	Grantham	EM240004	2
1500 Freestyle	20:58.34	21:14.70	376	11/11/23	Grantham SC Long Distance Time Trial 2023	Grantham	EM231368	3
50 Breaststroke	38.05	38.90	414	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Breaststroke	1:21.86	1:23.40	442	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
200 Breaststroke	2:55.83	2:58.80	448	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
50 Butterfly	35.88	36.40	313	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
100 Butterfly	1:30.26	1:31.10	214	16/09/23	Grantham SC Club Championships 2023	Grantham	EM231235	4
50 Backstroke	33.78	34.40	417	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
100 Backstroke	1:12.73	1:13.80	429	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4
200 Backstroke	2:39.32	2:41.40	416	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
200 Individual Medley	2:48.96	2:51.30	375	24/09/23	Grantham SC Club Championships 2023	Grantham	EM231236	4
400 Individual Medley	5:48.96	5:54.00	408	27/01/24	Lincolnshire County Championships 2024	Grantham	EM240005	2
100 Individual Medley	1:15.49	1:15.50	419	28/04/24	Etwall Eagles Spring Short Course Sprints 2024	Matlock	EM240657	4