

# Individual Best Times (All Time)

Naomi Talbot - (1468780) - Bolton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.95	32.30	367	20/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
100 Freestyle	1:07.04	1:05.80	458	28/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
200 Freestyle	2:22.24	2:19.80	499	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
400 Freestyle	4:57.07	4:52.30	497	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
800 Freestyle	10:10.20	10:00.70	501	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
1500 Freestyle	19:41.69	19:24.10	472	15/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
50 Butterfly	33.85	33.30	375	23/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
100 Butterfly	1:43.56	1:42.80	153	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
200 Butterfly	3:05.01	3:03.30	285	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
50 Backstroke	42.80	42.30	247	19/12/21	City of Leeds Christmas Meet 2021	John Charles	NE210474	3
100 Backstroke	1:26.26	1:25.30	293	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
200 Backstroke	2:46.09	2:44.10	407	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
200 Individual Medley	2:46.23	2:43.80	436	24/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
400 Individual Medley	5:45.82	5:40.70	454	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.66	32.30	379	02/07/22	Ramsbottom ASC Summer Fun Level 4 Meet	Bury	NW220868	4
100 Freestyle	1:06.59	1:07.80	429	26/11/23	Scarborough SC Winter Open Meet 2023	Scarborough	NE231971	3
200 Freestyle	2:21.53	2:24.00	473	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
400 Freestyle	4:54.48	4:59.20	484	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
800 Freestyle	10:10.47	10:19.90	478	24/11/23	Scarborough SC Winter Open Meet 2023	Scarborough	NE231971	3
50 Breaststroke	41.34	42.10	323	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
100 Breaststroke	1:28.39	1:29.80	351	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Breaststroke	3:12.20	3:14.90	343	03/12/23	Bolton Metro SS Christmas Countdown 2023	Bolton	NW232353	3
50 Butterfly	33.94	34.50	370	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
100 Butterfly	1:16.80	1:17.80	348	07/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Butterfly	2:49.84	2:51.70	349	07/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
50 Backstroke	34.76	35.30	383	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
100 Backstroke	1:16.42	1:17.50	370	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
200 Backstroke	2:41.28	2:43.30	401	29/10/23	Co Salford Potential Olympian Halloween Meet 2023	Broughton	NW231631	3
200 Individual Medley	2:42.92	2:45.30	418	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
400 Individual Medley	5:41.35	5:46.50	436	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
100 Individual Medley	1:19.23	1:19.20	362	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3