

# Individual Best Times (All Time)

Constance Rendell - (1477381) - Severnside Tritons Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.41	32.80	352	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Freestyle	1:17.05	1:16.00	302	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
200 Freestyle	2:36.62	2:34.40	374	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
400 Freestyle	5:19.95	5:15.50	398	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
800 Freestyle	10:58.42	10:49.60	399	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
1500 Freestyle	21:00.54	20:44.00	389	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
50 Breaststroke	56.31	55.70	138	21/11/21	City of Cardiff Keith Bewley Memorial Open	Cardiff	WL210959	3
100 Breaststroke	1:47.71	1:46.50	211	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Breaststroke	3:52.06	3:49.80	208	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Butterfly	40.03	39.60	227	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Butterfly	1:31.64	1:30.80	221	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Butterfly	3:35.60	3:34.10	180	03/04/22	City of Bristol L1 International Open Meet	Hengrove	SW220210	1
50 Backstroke	37.21	36.70	376	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:21.62	1:20.60	346	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Backstroke	2:53.43	2:51.50	357	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
200 Individual Medley	3:01.85	2:59.70	333	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
400 Individual Medley	6:18.09	6:13.40	347	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.86	34.50	310	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Freestyle	1:11.37	1:12.50	349	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Freestyle	2:35.47	2:37.70	357	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
400 Freestyle	5:23.99	5:28.30	363	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
1500 Freestyle	20:34.25	20:50.90	398	15/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Breaststroke	47.84	48.50	208	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Breaststroke	1:43.33	1:44.50	219	23/07/23	Swindon Dolphin ASC End of Season Open Meet 2023	Swindon	SW231206	3
200 Breaststroke	3:42.22	3:44.60	222	23/07/23	Swindon Dolphin ASC End of Season Open Meet 2023	Swindon	SW231206	3
50 Butterfly	39.88	40.40	228	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Butterfly	1:26.93	1:27.80	240	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Butterfly	3:13.58	3:15.20	235	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
50 Backstroke	37.87	38.40	296	31/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
100 Backstroke	1:25.50	1:26.40	264	19/11/23	Severnside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
200 Backstroke	2:48.33	2:50.30	352	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Individual Medley	3:01.72	3:03.90	301	02/06/24	Severnside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3

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400 Individual Medley	6:17.85	6:22.50	321	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Individual Medley	1:23.19	1:23.20	313	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3