

# Individual Best Times (All Time)

Gemma Trott - (1479069) - Soundwell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.23	30.60	432	12/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
100 Freestyle	1:08.90	1:07.70	422	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
200 Freestyle	2:31.74	2:29.40	411	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
800 Freestyle	11:15.30	11:06.70	369	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Breaststroke	44.28	43.60	285	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Breaststroke	3:30.70	3:28.20	278	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Butterfly	34.41	33.90	357	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:21.39	1:20.40	316	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	37.43	36.90	369	12/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
100 Backstroke	1:22.52	1:21.50	335	01/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park	SW230329	1
200 Backstroke	2:55.69	2:53.80	344	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
200 Individual Medley	2:52.43	2:50.10	391	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
400 Individual Medley	6:14.53	6:09.80	357	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.07	31.70	401	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Freestyle	1:07.70	1:08.90	408	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Freestyle	2:28.85	2:31.20	407	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
400 Freestyle	5:08.41	5:12.90	421	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
800 Freestyle	11:02.21	11:10.90	374	10/12/23	Soundwell SC Network Distance Event 2023	Bristol	SW232459	4
1500 Freestyle	21:47.90	22:03.60	334	09/12/23	Soundwell SC Network Distance Event 2023	Bristol	SW232458	4
50 Breaststroke	42.31	43.00	301	17/06/23	Bristol North & Soundwell SCs Joint Club Champs	Bristol	SW231313	4
100 Breaststroke	1:30.61	1:32.00	325	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Breaststroke	3:17.19	3:19.90	317	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
50 Butterfly	33.00	33.60	403	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Butterfly	1:21.58	1:22.50	290	04/06/23	Ange Marling Memorial Level 3 Meet 2023	Hutton Moor LC	SW230348	3
200 Butterfly	2:54.37	2:56.20	322	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
50 Backstroke	36.31	36.90	336	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
100 Backstroke	1:19.92	1:20.90	323	04/12/22	Soundwell Swimming Club County Qualifier	GL1 LC	SW221448	3
200 Backstroke	2:53.08	2:55.00	324	03/12/22	Soundwell Swimming Club County Qualifier	GL1 LC	SW221448	3
200 Individual Medley	2:50.36	2:52.70	365	26/03/23	Soundwell SC L3 Regional Qualifier 2023	Weston-super-Mare	SW230244	3
400 Individual Medley	5:54.12	5:59.10	390	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Individual Medley	1:20.04	1:20.00	351	15/06/24	Bristol North & Soundwell Club Championships 2024	Bristol	SW240796	4