

Individual Best Times (All Time)

Isla Ross - (1496976) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.39	33.80	323	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
50 Breaststroke	36.82	36.00	496	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Breaststroke	1:19.53	1:17.90	524	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Breaststroke	2:59.87	2:56.90	447	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	34.13	33.60	366	10/03/24	Kent County Championships 2024	Stratford	LR240211	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.18	31.80	397	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
100 Freestyle	1:08.20	1:09.40	399	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	2:31.25	2:33.50	387	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	5:37.14	5:41.30	322	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	11:27.50	11:35.90	334	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	34.79	35.70	542	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
100 Breaststroke	1:18.05	1:19.60	510	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
200 Breaststroke	3:01.37	3:04.30	408	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
50 Butterfly	32.89	33.50	407	12/01/24	Herne Bay L&SC 50m Sprints Time Trials 2024	Herne Bay	SE240223	4
100 Butterfly	1:21.65	1:22.60	290	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
200 Butterfly	3:07.17	3:08.90	260	07/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240352	4
50 Backstroke	36.02	36.60	344	07/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240352	4
100 Backstroke	1:32.20	1:33.10	211	10/07/22	Dover Lifeguard SC Club Champs 2022	Dover	SE221039	4
200 Backstroke	2:55.12	2:57.00	313	24/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240355	4
200 Individual Medley	2:46.50	2:48.90	392	23/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240350	4
400 Individual Medley	6:06.91	6:11.70	351	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:18.66	1:18.70	370	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3