

Individual Best Times (All Time)

Bethany Makwembere - (1504069) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.66	28.90	504	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:05.54	1:04.30	491	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:30.29	2:28.00	423	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
400 Freestyle	5:28.45	5:24.10	368	15/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
50 Breaststroke	39.79	39.00	393	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
100 Breaststroke	1:31.34	1:29.90	346	10/02/24	Lancashire County Championships 2024	Manchester	NW240297	1
50 Butterfly	31.94	31.30	447	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Butterfly	1:21.30	1:20.40	317	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
50 Backstroke	36.98	36.40	383	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
100 Backstroke	1:16.20	1:15.10	425	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Backstroke	2:46.53	2:44.50	404	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Individual Medley	2:46.92	2:44.50	431	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.65	31.30	418	02/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
100 Freestyle	1:08.17	1:09.40	400	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
200 Freestyle	2:31.56	2:33.80	385	03/12/23	Preston Swimming Club Club Champs 2023	Westview LC	NW232570	3
400 Freestyle	5:27.40	5:31.70	352	09/07/23	Preston SC Bert Brooks 2023	Westview LC	NW231607	4
800 Freestyle	10:56.05	11:04.80	385	19/05/24	Preston SC Bert Brooks 2024	Preston	NW241217	4
50 Breaststroke	39.98	40.80	357	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Breaststroke	1:28.13	1:29.60	354	02/12/23	Preston SC Xmas Cracker 2023	Darwen	NW231907	3
50 Butterfly	34.22	34.80	361	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Butterfly	1:17.33	1:18.30	341	03/03/24	Burnley Bobcats 2024	Darwen	NW240098	3
50 Backstroke	37.19	37.70	312	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
100 Backstroke	1:17.55	1:18.60	354	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
200 Backstroke	2:46.74	2:48.70	362	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
200 Individual Medley	2:51.15	2:53.40	360	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Individual Medley	1:20.72	1:20.70	343	06/11/22	Preston SC Club CHampionships 2022	Preston	NW222186	4