

# Individual Best Times (All Time)

Wei Ann Ho - (1628632) - Preston Swimming Club

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 32.56   | 31.90           | 381       | 17/03/24 | Derby Excel Spring Qualifier 2024       | Sheffield  | EM240136 | 1     |
| 100 Freestyle         | 1:10.85 | 1:09.70         | 388       | 17/03/24 | Derby Excel Spring Qualifier 2024       | Sheffield  | EM240136 | 1     |
| 200 Freestyle         | 2:42.19 | 2:40.00         | 336       | 16/03/24 | Derby Excel Spring Qualifier 2024       | Sheffield  | EM240136 | 1     |
| 50 Breaststroke       | 41.67   | 40.90           | 342       | 28/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240305 | 1     |
| 100 Breaststroke      | 1:31.77 | 1:30.40         | 341       | 28/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240305 | 1     |
| 200 Breaststroke      | 3:19.32 | 3:16.60         | 328       | 04/05/24 | SENW Regional Summer Championships 2024 | Manchester | NW240306 | 1     |
| 50 Butterfly          | 35.73   | 35.20           | 319       | 05/05/24 | SENW Regional Summer Championships 2024 | Manchester | NW240306 | 1     |
| 100 Butterfly         | 1:20.29 | 1:19.30         | 329       | 27/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240305 | 1     |
| 50 Backstroke         | 39.89   | 39.40           | 305       | 30/12/23 | Sprint With The Stars 2023              | Leeds      | NE232281 | 3     |
| 100 Backstroke        | 1:25.58 | 1:24.60         | 300       | 17/03/24 | Derby Excel Spring Qualifier 2024       | Sheffield  | EM240136 | 1     |
| 200 Individual Medley | 2:54.20 | 2:51.90         | 379       | 27/04/24 | SENW Regional Summer Championships 2024 | Manchester | NW240305 | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet  | Venue       | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------------|----------|-------|
| 50 Freestyle          | 33.26   | 33.90           | 327       | 02/12/23 | Preston SC Xmas Cracker 2023                | Darwen      | NW231907 | 3     |
| 100 Freestyle         | 1:13.71 | 1:14.80         | 316       | 06/01/24 | Bobcats 'Last Chance County Qualifier' 2024 | Darwen      | NW240046 | 3     |
| 200 Freestyle         | 2:43.61 | 2:45.70         | 306       | 02/12/23 | Preston SC Xmas Cracker 2023                | Darwen      | NW231907 | 3     |
| 400 Freestyle         | 5:33.61 | 5:37.80         | 333       | 19/05/24 | Preston SC Bert Brooks 2024                 | Preston     | NW241217 | 4     |
| 50 Breaststroke       | 43.09   | 43.80           | 285       | 06/01/24 | Bobcats 'Last Chance County Qualifier' 2024 | Darwen      | NW240046 | 3     |
| 100 Breaststroke      | 1:43.47 | 1:44.70         | 218       | 01/07/23 | North Lancs Development Meet 2023           | Blackpool   | NW231114 | 3     |
| 200 Breaststroke      | 3:31.89 | 3:34.40         | 256       | 16/09/23 | North Lancs S&WPA Level 2 Meet 2023         | Blackpool   | NW231623 | 2     |
| 50 Butterfly          | 36.73   | 37.20           | 292       | 03/12/23 | Preston Swimming Club Club Champs 2023      | Westview LC | NW232570 | 3     |
| 100 Butterfly         | 1:29.63 | 1:30.50         | 219       | 02/07/23 | North Lancs Development Meet 2023           | Blackpool   | NW231114 | 3     |
| 200 Butterfly         | 2:58.18 | 2:59.90         | 302       | 22/06/24 | Wigan Best Future Stars June Meet 2024      | Wigan       | NW240734 | 3     |
| 50 Backstroke         | 38.56   | 39.10           | 280       | 17/09/23 | North Lancs S&WPA Level 2 Meet 2023         | Blackpool   | NW231623 | 2     |
| 100 Backstroke        | 1:24.05 | 1:25.00         | 278       | 16/09/23 | North Lancs S&WPA Level 2 Meet 2023         | Blackpool   | NW231623 | 2     |
| 200 Backstroke        | 3:05.60 | 3:07.40         | 263       | 28/10/23 | Bobcats Monster Splash 2023                 | Darwen      | NW231427 | 3     |
| 200 Individual Medley | 3:01.61 | 3:03.80         | 302       | 06/01/24 | Bobcats 'Last Chance County Qualifier' 2024 | Darwen      | NW240046 | 3     |
| 100 Individual Medley | 1:22.89 | 1:22.90         | 316       | 03/12/23 | Preston Swimming Club Club Champs 2023      | Westview LC | NW232570 | 3     |