

Individual Best Times (All Time)

Erin Shuttleworth - (1629966) - Workington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.96	41.50	178	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	48.16	47.50	221	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Breaststroke	1:35.70	1:34.40	300	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Breaststroke	3:19.24	3:16.60	329	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Backstroke	3:26.81	3:25.20	211	14/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.59	37.20	246	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Freestyle	1:22.27	1:23.30	227	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Freestyle	2:57.62	2:59.60	239	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
400 Freestyle	6:50.07	6:53.50	179	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
800 Freestyle	13:55.54	14:02.50	186	22/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
50 Breaststroke	45.05	45.70	249	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Breaststroke	1:33.69	1:35.00	294	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Breaststroke	3:17.88	3:20.50	314	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Butterfly	43.32	43.80	178	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Backstroke	40.11	40.60	249	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Backstroke	1:28.53	1:29.40	238	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
200 Backstroke	3:05.48	3:07.30	263	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
200 Individual Medley	3:08.13	3:10.20	271	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
400 Individual Medley	6:59.16	7:03.30	235	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Individual Medley	1:27.51	1:27.50	269	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3