

Individual Best Times (All Time)

Isla Graham - (1640894) - Borocuda Teesside ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	50.12	49.70	104	08/01/23	City of Leeds SC New Year Meet 2023	Leeds	NE230086	3
50 Breaststroke	53.92	53.30	158	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
100 Breaststroke	2:13.77	2:12.80	110	08/01/23	City of Leeds SC New Year Meet 2023	Leeds	NE230086	3
50 Butterfly	59.28	59.00	69	08/01/23	City of Leeds SC New Year Meet 2023	Leeds	NE230086	3
50 Backstroke	47.62	47.20	179	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
200 Individual Medley	3:51.48	3:49.80	161	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.23	39.80	199	08/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
100 Freestyle	1:28.91	1:29.90	180	09/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
200 Freestyle	3:39.09	3:40.70	127	25/11/23	Scarborough SC Winter Open Meet 2023	Scarborough	NE231971	3
50 Breaststroke	52.35	53.00	159	07/04/24	Scarborough Spring Splash 2024 ABC	Scarborough	NE240058	3
100 Breaststroke	1:53.88	1:55.00	164	08/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
200 Breaststroke	4:03.81	4:06.00	168	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
50 Butterfly	52.14	52.50	102	22/07/23	Durham City Aquatics International Summer Meet	Durham	NE231411	3
50 Backstroke	46.45	46.90	160	16/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Backstroke	1:44.54	1:45.30	144	06/04/24	Scarborough Spring Splash 2024 ABC	Scarborough	NE240058	3
200 Individual Medley	3:54.08	3:55.80	141	24/06/23	Northallerton ASC Time Trials 2023	Bedale	NE230346	4
100 Individual Medley	1:47.71	1:47.70	144	23/07/23	Durham City Aquatics International Summer Meet	Durham	NE231411	3