

# Individual Best Times (All Time)

Ava-Dawn Rulton - (1659332) - Ilfracombe SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.81	36.20	263	18/01/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
100 Freestyle	1:25.67	1:24.70	219	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
50 Breaststroke	52.88	52.30	167	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
100 Breaststroke	1:57.38	1:56.30	163	14/01/24	Devon County Age Group Championships 2024	Plymouth	SW240140	1
50 Backstroke	44.52	44.10	219	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.51	37.10	247	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Freestyle	1:23.16	1:24.20	220	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Freestyle	3:00.22	3:02.10	229	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
50 Breaststroke	48.20	48.90	203	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Breaststroke	1:46.05	1:47.20	203	01/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
200 Breaststroke	3:47.98	3:50.30	205	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
50 Butterfly	49.23	49.60	121	30/03/24	Yeovil & District Spring Fling Meet 2024	Millfield	SW240203	3
50 Backstroke	44.24	44.70	185	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3
100 Individual Medley	1:33.52	1:33.50	220	02/06/24	Sevenside Tritons Ange Marling Memorial	Weston Super Mare	SW240470	3