

Individual Best Times (All Time)

Elizabeth Hetherington - (25839) - Gerrards Cross Taper Tigers SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.93	26.10	673	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Freestyle	58.29	56.80	698	15/06/11	British Gas ASA National Championships	Sheffield	ASA109	1
200 Freestyle	2:08.32	2:05.60	680	01/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
50 Breaststroke	33.99	33.10	631	02/05/10	South East Youth Champs	Crawley	SER020	1
100 Breaststroke	1:16.49	1:14.80	589	17/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
200 Breaststroke	2:46.64	2:43.40	562	29/11/08	Welsh Capital Open Meet	Cardiff	WAL209	2
50 Butterfly	29.61	29.00	561	01/07/11	Cardiff International Open Meet 2011	Cardiff	WAL371	1
50 Backstroke	37.50	37.00	367	25/04/04	Rotherham Metro Age on Day Mt	Sheffield	L1E087	1
100 Backstroke	1:18.12	1:17.10	395	26/03/05	Rotherham Metro Level 1 Meet	Sheffield	L1E211	1
200 Backstroke	2:44.38	2:42.30	420	27/03/05	Rotherham Metro Level 1 Meet	Sheffield	L1E211	1
200 Individual Medley	2:26.26	2:23.50	641	09/05/10	ASA SE Region Youth Champs	Portsmouth	SER021	1
400 Individual Medley	5:10.82	5:05.10	625	28/07/09	British Gas Youth Champs	Sheffield	ASA093	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.49	27.30	648	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Freestyle	57.15	58.60	679	13/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
200 Freestyle	2:07.58	2:10.30	646	21/10/12	Greater Gwent Fast Water Open Meet	Newport	WAL454	2
400 Freestyle	4:37.91	4:42.90	576	15/03/08	Berks & South Bucks	Maidenhead	CC8073	2
800 Freestyle	9:23.48	9:33.60	608	08/03/08	Berks & South Bucks	Maidenhead	CC8072	2
50 Breaststroke	33.46	34.40	609	08/11/09	South East Winter Champs	Aldershot	SER929	2
100 Breaststroke	1:12.61	1:14.30	633	07/11/09	South East Winter Champs	Aldershot	SER929	2
200 Breaststroke	2:43.73	2:46.90	555	08/03/08	Berks & South Bucks	Maidenhead	CC8072	2
50 Butterfly	29.94	30.60	539	27/02/10	Berks & South Bucks	Maidenhead	CC0012	2
100 Butterfly	1:11.85	1:12.90	425	13/03/10	Berks & S Bucks Champs	Maidenhead	CC0013	2
50 Backstroke	34.76	35.30	383	25/03/06	Berks & South Bucks Champs	Maidenhead	CC6059	2
100 Backstroke	1:11.96	1:13.10	443	28/01/08	Windsor SC Open	Maidenhead	SE8010	2
200 Backstroke	2:32.07	2:34.20	478	10/03/07	Berks & South Bucks	Maidenhead	CC7032	2
200 Individual Medley	2:22.83	2:25.60	621	07/11/09	South East Winter Champs	Aldershot	SER929	2
400 Individual Medley	4:59.05	5:04.90	649	28/02/09	Berks & South Bucks Champ	Maidenhead	CC9060	2
100 Individual Medley	1:06.12	1:06.10	624	07/08/09	British Gas Grand Prix	Leeds	ASA095	1