

Individual Best Times (All Time)

Regina Chisholm - (271798) - Swim Bournemouth

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.59	27.90	563	03/05/14	London Region Youth Championships 2014	London	LRX409	1
100 Freestyle	1:03.47	1:02.10	540	28/04/13	London Schools Swimming Association Champs	Crystal Palace	LR3226	1
200 Freestyle	2:26.37	2:24.00	458	18/11/12	Crawley Not So Early Bird Meet	Crawley	SE2304	1
50 Breaststroke	39.56	38.80	400	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
100 Breaststroke	1:26.09	1:24.60	413	04/05/13	London Region Youth Championships	London	LRX309	1
200 Breaststroke	3:25.30	3:22.70	300	06/06/09	London Region Age Groups	Crystal Palace	LRX924	1
50 Butterfly	34.93	34.40	342	15/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	SE2060	3
100 Butterfly	1:22.17	1:21.20	307	03/10/10	Crawley Opportunity Meet	Crawley	SE0476	3
50 Backstroke	34.30	33.70	480	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
100 Backstroke	1:13.48	1:12.40	474	05/05/13	London Region Youth Championships	London	LRX309	1
200 Backstroke	2:49.11	2:47.10	386	10/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
200 Individual Medley	2:43.43	2:41.00	459	17/11/12	Crawley Not So Early Bird Meet	Crawley	SE2304	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.61	29.30	514	07/12/14	London Region Winter Championships	London	LRX425	2
100 Freestyle	1:02.48	1:03.80	520	06/12/14	London Region Winter Championships	London	LRX425	2
200 Freestyle	2:19.16	2:21.60	498	12/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	SE3008	2
400 Freestyle	5:29.19	5:33.40	346	07/11/11	Beckenham Club Championships	Beckenham	LR1622	4
50 Breaststroke	39.12	39.90	381	15/09/12	Brighton SC Ken Deeley 50m Sprint Meet	Brighton	SE2452	3
100 Breaststroke	1:24.03	1:25.50	408	09/03/13	Kent County Championships	Gillingham	CC3052	2
200 Breaststroke	3:04.60	3:07.40	387	08/11/13	Croydon Amphibian Club Championships	Croydon	LR3906	4
50 Butterfly	34.84	35.40	342	10/12/12	Beckenham SC Club Championships	Beckenham	LR2687	4
100 Butterfly	1:18.92	1:19.90	321	01/11/10	Beckenham Club Champs	Beckenham	LR0619	4
50 Backstroke	33.10	33.70	443	24/02/13	Kent County Championships	Gillingham	CC3051	2
100 Backstroke	1:11.12	1:12.20	459	16/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Backstroke	2:57.65	2:59.50	300	07/11/11	Beckenham Club Championships	Beckenham	LR1622	4
200 Individual Medley	2:39.47	2:41.90	446	12/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	SE3008	2
400 Individual Medley	5:43.47	5:48.60	428	10/12/12	Beckenham SC Club Championships	Beckenham	LR2687	4
100 Individual Medley	1:13.81	1:13.80	448	27/09/14	Croydon Amphibians SC Club Championships 2014	Croydon	LR14262	4