

# Individual Best Times (All Time)

Robyn Grant - (305389) - St Ives SC

## Long Course

| Stroke        | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue     | Licence  | Level |
|---------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 200 Freestyle | 2:42.02  | 2:39.90         | 337       | 17/02/18 | BUCS Long Course Swimming Championships      | Sheffield | NE180246 | 1     |
| 800 Freestyle | 10:56.22 | 10:47.30        | 403       | 09/03/14 | Cambridgeshire ASA County Championships      | Corby     | CC4112   | 1     |
| 50 Butterfly  | 37.35    | 36.80           | 279       | 18/02/18 | BUCS Long Course Swimming Championships      | Sheffield | NE180246 | 1     |
| 100 Butterfly | 1:30.12  | 1:29.30         | 233       | 16/02/19 | BUCS Long Course Swimming Championships 2019 | Sheffield | NE190155 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                     | Venue     | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle          | 31.69    | 32.30           | 378       | 12/11/16 | BUCS Short Course Swimming Championships | Sheffield | NE162003 | 2     |
| 100 Freestyle         | 1:07.57  | 1:08.80         | 411       | 25/11/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 200 Freestyle         | 2:25.44  | 2:27.80         | 436       | 24/10/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 400 Freestyle         | 5:07.03  | 5:11.60         | 427       | 11/11/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 800 Freestyle         | 11:34.97 | 11:43.30        | 324       | 22/09/13 | St Ives SC Club Championships            | St Ives   | ER3511   | 4     |
| 50 Breaststroke       | 45.95    | 46.60           | 235       | 19/05/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 100 Breaststroke      | 1:43.08  | 1:44.30         | 221       | 22/11/14 | St Ives SC Club Championships 2014       | St Ives   | ER4423   | 4     |
| 50 Butterfly          | 35.81    | 36.30           | 315       | 18/05/14 | St Ives SC Club Championships 2014       | St Ives   | ER4423   | 4     |
| 100 Butterfly         | 1:20.84  | 1:21.80         | 298       | 25/11/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 200 Butterfly         | 3:04.30  | 3:06.00         | 273       | 04/12/13 | St Ives SC Club Championships            | St Ives   | ER3511   | 4     |
| 50 Backstroke         | 36.66    | 37.20           | 326       | 11/05/13 | St Ives SC Club Championships            | St Ives   | ER3511   | 4     |
| 100 Backstroke        | 1:17.92  | 1:18.90         | 349       | 24/11/12 | St Ives SC Club Championships            | St Ives   | ER2403   | 4     |
| 200 Backstroke        | 2:48.59  | 2:50.60         | 351       | 17/03/13 | Cambridgeshire ASA County Championships  | Cambridge | CC3057   | 2     |
| 200 Individual Medley | 2:58.03  | 3:00.20         | 320       | 09/10/13 | St Ives SC Club Championships            | St Ives   | ER3511   | 4     |
| 100 Individual Medley | 1:22.31  | 1:22.30         | 323       | 30/06/13 | St Ives SC Club Championships            | St Ives   | ER3511   | 4     |