

# Individual Best Times (All Time)

Iona Gourlay - (363166) - Biggleswade SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.55	31.90	381	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Freestyle	1:12.92	1:11.80	356	06/07/13	City of Coventry Graham Sykes Gala	Coventry	WM3275	3
800 Freestyle	11:20.94	11:12.40	360	02/03/13	Bedfordshire County Championships	Luton	CC3023	1
50 Breaststroke	43.02	42.30	311	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Breaststroke	1:33.75	1:32.40	320	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Breaststroke	3:19.40	3:16.70	328	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	35.43	34.90	435	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Backstroke	1:15.52	1:14.40	437	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Backstroke	2:40.38	2:38.30	452	06/07/13	City of Coventry Graham Sykes Gala	Coventry	WM3275	3
200 Individual Medley	2:53.83	2:51.50	381	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.90	32.50	371	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Freestyle	1:08.78	1:10.00	389	12/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
200 Freestyle	2:29.37	2:31.70	402	03/12/16	Biggleswade 2016 Club Championships	Biggleswade	ER161712	4
400 Freestyle	5:14.19	5:18.60	398	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
800 Freestyle	10:51.55	11:00.40	393	04/11/12	Biggleswade Club Championships	Biggleswade	ER2584	4
50 Breaststroke	42.05	42.80	307	21/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
100 Breaststroke	1:27.92	1:29.30	356	11/12/16	Team Luton 2016 Winter Development Meet	Luton	ER160863	3
200 Breaststroke	3:07.89	3:10.70	367	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
50 Butterfly	35.84	36.40	314	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
50 Backstroke	34.46	35.00	393	16/12/17	1st Christmas Cracker Open Meet	Biggleswade	ER172069	3
100 Backstroke	1:13.20	1:14.30	421	12/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
200 Backstroke	2:33.76	2:35.90	462	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
200 Individual Medley	2:47.70	2:50.00	383	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Individual Medley	1:19.30	1:19.30	361	23/09/17	2017 Biggleswade Club Championships	Biggleswade	ER172197	4