

# Individual Best Times (All Time)

Shelagh Golder - (417551) - Swadlincote SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.17	32.50	360	18/11/12	Derbyshire ASA County Sprint Competition	Sheffield	EM2643	3
50 Breaststroke	49.82	49.20	200	12/12/10	Derbyshire Sprints	Sheffield	EM0580	3
50 Butterfly	51.08	50.70	109	23/11/08	Derbyshire 100 & 50 Champs	Sheffield	EM8485	2
50 Backstroke	36.93	36.40	384	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Backstroke	1:20.47	1:19.50	361	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3
200 Backstroke	2:48.74	2:46.70	388	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	EM3800	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.38	32.00	390	03/03/12	Derbyshire County Championships	Matlock	CC2111	2
100 Freestyle	1:07.63	1:08.90	410	03/03/12	Derbyshire County Championships	Matlock	CC2111	2
200 Freestyle	2:26.98	2:29.30	422	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
50 Breaststroke	52.96	53.60	153	18/05/08	Stourbridge Junior B Grade	Wolverhampton	WM8148	4
200 Breaststroke	3:46.64	3:49.00	209	14/03/09	Derbyshire County Champs	Derby	CC9117	2
50 Backstroke	34.78	35.40	382	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
100 Backstroke	1:14.36	1:15.40	402	01/03/14	Derbyshire ASA County Championships 2014	Matlock	CC4089	2
200 Backstroke	2:34.45	2:36.60	456	23/02/14	Derbyshire County Championships 2014	Matlock	CC4088	2
100 Individual Medley	1:20.13	1:20.10	350	10/03/12	Derbyshire County Championships	Chesterfield	CC2112	2