

Individual Best Times (All Time)

Rachel Bate - (418377) - Halton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.43	29.70	467	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Freestyle	1:05.71	1:04.40	487	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Freestyle	2:23.86	2:21.40	482	11/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
400 Freestyle	5:08.95	5:04.40	442	06/04/14	Stockport April Meet 2014	Stockport	NW4345	1
50 Breaststroke	43.19	42.50	307	14/02/15	City of Liverpool Splash"N"Dash 50n Sprints	Liverpool	NW150411	3
100 Breaststroke	1:34.15	1:32.80	316	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
50 Butterfly	32.56	32.00	422	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Butterfly	1:12.89	1:11.80	440	26/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Butterfly	2:40.11	2:38.10	440	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Backstroke	38.47	37.90	340	11/05/13	City of Manchester AST The Manchester Open	Manchester	NW3080	1
200 Individual Medley	2:42.66	2:40.20	466	24/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.05	30.70	444	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
100 Freestyle	1:04.35	1:05.60	476	30/11/14	Percy Mason Memorial Gala	Warrington	NW14321	3
200 Freestyle	2:18.42	2:20.90	506	11/04/15	Wirral Metro April Development Meet	Birkenhead	NW150165	3
400 Freestyle	4:49.45	4:54.30	510	24/05/15	Conwy County Aquatics Whitsun Meet	Llandudno	WL150712	2
800 Freestyle	10:53.67	11:02.50	389	18/12/13	Warriors of Warrington SC Championships	Warrington	NW31003	4
50 Breaststroke	40.43	41.20	345	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
100 Breaststroke	1:28.03	1:29.50	355	11/04/15	Wirral Metro April Development Meet	Birkenhead	NW150165	3
200 Breaststroke	3:19.60	3:22.20	306	16/03/13	Cheshire County Championships	Macclesfield	CC3083	2
50 Butterfly	32.61	33.20	417	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
100 Butterfly	1:11.45	1:12.50	432	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
200 Butterfly	2:37.57	2:39.60	437	18/04/15	Knowsley Spring Level 2 Gala	Huyton	NW150264	2
50 Backstroke	36.61	37.20	328	18/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
200 Individual Medley	2:39.23	2:41.70	448	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
400 Individual Medley	5:43.53	5:48.60	428	27/09/14	Warriors of Warrington Club Championships	Warrington	NW14155	4
100 Individual Medley	1:16.27	1:16.30	406	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2