

Individual Best Times (All Time)

Rachel Wilson - (420678) - Otter SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.12	28.40	532	01/05/16	West Midlands ASA Championships	Coventry	WM160481	1
100 Freestyle	1:02.15	1:00.80	575	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	EM160046	1
200 Freestyle	2:15.89	2:13.30	572	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
400 Freestyle	4:53.63	4:48.80	515	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
800 Freestyle	11:00.59	10:51.80	395	12/03/11	Warwickshire County Championships	Coventry	CC1006	1
50 Breaststroke	41.92	41.20	336	09/03/13	Warwickshire County Championships	Coventry	CC3008	1
100 Breaststroke	1:41.47	1:40.20	252	19/03/11	Warwickshire County Championships	Coventry	CC1007	1
200 Breaststroke	3:15.08	3:12.30	350	03/03/12	Warwickshire County Championships	Coventry	CC2005	1
50 Butterfly	30.53	29.90	512	21/03/15	Warwickshire County Championships and Age Group	Coventry	CC150057	1
100 Butterfly	1:05.46	1:04.30	608	07/03/15	Warwickshire County Championships and Age Group	Coventry	CC150055	1
200 Butterfly	2:33.04	2:31.00	504	16/03/13	Warwickshire County Championships	Coventry	CC3009	1
50 Backstroke	40.98	40.50	281	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
100 Backstroke	1:31.10	1:30.20	249	20/03/10	Warwickshire County Champs	Coventry	CC0007	1
200 Backstroke	2:50.05	2:48.10	379	10/03/12	Warwickshire County Championships	Coventry	CC2006	1
200 Individual Medley	2:38.92	2:36.40	499	02/05/16	West Midlands ASA Championships	Coventry	WM160481	1
400 Individual Medley	5:36.39	5:31.10	493	28/01/12	ASA Central Zone Meet	Corby	ZM2130	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	515	28/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
100 Freestyle	1:01.61	1:03.00	542	17/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
200 Freestyle	2:13.62	2:16.20	562	17/11/13	Boldmere SC L2 Open Meet	Birmingham	WM3785	2
400 Freestyle	4:42.79	4:47.70	547	16/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
800 Freestyle	9:53.88	10:03.50	519	30/01/15	Boldmere Distance Time Trials	Stechford	WM150520	4
1500 Freestyle	19:03.72	19:21.60	500	23/01/15	Boldmere Distance Time Trials	Stechford	WM150516	4
50 Breaststroke	38.29	39.10	406	21/04/14	City of Birmingham 21st Open Meet	Birmingham	WM4131	3
100 Breaststroke	1:26.63	1:28.10	373	26/09/15	Boldmere Club Championships	Boldmere	WM151335	4
200 Breaststroke	3:26.49	3:29.00	276	09/01/11	Stourbridge Crystal Open Meet	Wolverhampton	WM1021	3
50 Butterfly	30.15	30.80	528	17/11/13	Boldmere SC L2 Open Meet	Birmingham	WM3785	2
100 Butterfly	1:05.31	1:06.50	566	18/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
200 Butterfly	2:27.26	2:29.40	535	07/07/13	Boldmere Open Meet	Stechford	WM3515	3
50 Backstroke	35.70	36.30	353	17/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
100 Backstroke	1:14.54	1:15.60	399	27/09/14	Boldmere Club Championships	Birmingham	WM14325	4
200 Backstroke	2:38.88	2:41.00	419	06/07/13	Boldmere Open Meet	Stechford	WM3515	3
200 Individual Medley	2:30.69	2:33.30	528	18/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
400 Individual Medley	5:21.14	5:26.60	524	25/10/13	Worcester SC 17th Open Meet	Worcester	WM3767	3
100 Individual Medley	1:11.57	1:11.60	492	27/09/14	Boldmere Club Championships	Birmingham	WM14325	4