

Individual Best Times (All Time)

Sian Temple - (424582) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.53	31.90	382	18/11/12	The Aquae Sulis Grand Prix 2012	Bristol	SW2525	1
100 Freestyle	1:10.00	1:08.80	403	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Freestyle	2:34.77	2:32.50	387	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
400 Freestyle	5:03.74	4:59.10	465	24/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
800 Freestyle	10:14.25	10:04.80	491	22/07/16	Plymouth Leander Summer L3 LC Open	Plymouth	SW160580	3
50 Breaststroke	40.43	39.60	375	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
100 Breaststroke	1:28.90	1:27.50	375	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
200 Breaststroke	3:25.52	3:22.90	299	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
200 Butterfly	3:25.11	3:23.60	209	15/10/11	Swim Swansea Open Meet	Swansea	WAL383	1
200 Individual Medley	2:58.10	2:55.90	355	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.80	30.50	455	10/02/16	Cornwall County Championships	Penzance	SW160348	2
100 Freestyle	1:04.07	1:05.40	482	19/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
200 Freestyle	2:16.12	2:18.60	532	16/01/16	Caradon Last Chance Time Trials 2016	Liskeard	SW160387	4
400 Freestyle	4:48.54	4:53.40	515	28/02/16	Cornwall County Championships	Bodmin	SW160347	2
800 Freestyle	10:02.32	10:11.80	497	05/02/17	Cornwall County Championships	Bodmin	SW170012	2
1500 Freestyle	21:49.52	22:05.20	333	13/02/11	Cornwall County Championships	Bodmin	CC1087	2
50 Breaststroke	38.87	39.70	388	21/02/16	Cornwall County Championships	Bodmin	SW160346	2
100 Breaststroke	1:22.18	1:23.70	436	19/12/15	The Plymouth Leander Christmas Sprint Open 2015	Plymouth	SW151869	3
200 Breaststroke	2:58.94	3:01.90	425	13/09/15	Newquay Cormorants & Nth Cornwall Club Champs	Bodmin	SW151936	4
50 Butterfly	35.53	36.10	323	14/09/15	Newquay Cormorants & Nth Cornwall Club Champs	Bodmin	SW151936	4
100 Butterfly	1:21.40	1:22.30	292	22/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
200 Butterfly	3:05.95	3:07.60	266	24/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
50 Backstroke	39.13	39.60	268	24/03/13	Devon Sprint Gala	Plymouth	SW3085	3
100 Backstroke	1:28.62	1:29.50	237	05/03/11	Cornwall County Championships 2011	Penzance	CC1088	2
200 Backstroke	3:18.00	3:19.70	216	28/02/10	Cornwall County Champs	Bodmin	CC0079	2
200 Individual Medley	2:44.32	2:46.70	407	18/06/17	Newquay, Cornwall & St Ives Club Championships	Bodmin	SW171506	4
400 Individual Medley	5:58.93	6:03.80	375	21/02/13	Devon County Championships	Plymouth	CC3016	2
100 Individual Medley	1:16.35	1:16.30	405	13/09/15	Newquay Cormorants & Nth Cornwall Club Champs	Bodmin	SW151936	4