

# Individual Best Times (All Time)

Rebecca Guy - (42483) - Bristol Henleaze SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue             | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------------------|-------------------|----------|-------|
| 50 Freestyle          | 25.30   | 24.50           | 812       | 06/04/23 | British Swimming Championships 2023     | Sheffield         | BSW024   | 1     |
| 100 Freestyle         | 55.30   | 53.80           | 817       | 14/04/15 | British Championships 2015              | London            | ASA139   | 1     |
| 200 Freestyle         | 2:02.15 | 1:59.30         | 788       | 23/07/15 | Portuguese Open & Youth National Champs | Coimbra, Portugal | GBR193   | 1     |
| 400 Freestyle         | 4:43.25 | 4:38.30         | 573       | 04/05/09 | South West Region Youth Ch              | Millfield         | SWR905   | 1     |
| 800 Freestyle         | 9:39.66 | 9:29.60         | 584       | 26/11/10 | Stockport Metro Nov Open                | Stockport         | NW0229   | 1     |
| 50 Breaststroke       | 34.14   | 33.20           | 623       | 14/06/11 | British Gas ASA National Championships  | Sheffield         | ASA109   | 1     |
| 100 Breaststroke      | 1:16.07 | 1:14.40         | 599       | 05/05/12 | North West Region Youth Champs          | Manchester        | NWR210   | 1     |
| 200 Breaststroke      | 3:11.49 | 3:08.70         | 370       | 11/06/05 | Western Counties Bagcats Champ          | Millfield         | DCW503   | 1     |
| 50 Butterfly          | 26.99   | 26.30           | 741       | 05/08/14 | BG ASA Youth & MC Championships 2014    | Sheffield         | ASA135   | 1     |
| 100 Butterfly         | 1:01.37 | 1:00.10         | 738       | 06/06/15 | Mare Nostrum                            | Canet, France     | GBR156   | 1     |
| 50 Backstroke         | 31.25   | 30.60           | 634       | 02/05/15 | Manchester Open Meet 2015               | Manchester        | NW150088 | 1     |
| 100 Backstroke        | 1:25.45 | 1:24.50         | 302       | 16/04/05 | Taunton Deane Long Course Meet          | Millfield         | L1W287   | 1     |
| 200 Individual Medley | 2:22.40 | 2:19.60         | 694       | 02/05/15 | Manchester Open Meet 2015               | Manchester        | NW150088 | 1     |
| 400 Individual Medley | 5:14.47 | 5:08.80         | 604       | 03/08/10 | British Gas Youth Champs                | Sheffield         | ASA102   | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                   | Venue          | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------|----------------|----------|-------|
| 50 Freestyle          | 24.58    | 25.40           | 811       | 17/12/23 | Swim England Winter Championships 2023 | Sheffield      | ENG029   | 2     |
| 100 Freestyle         | 53.90    | 55.40           | 810       | 17/12/15 | ASA Winter Meet                        | Sheffield      | ASA146   | 2     |
| 200 Freestyle         | 1:58.81  | 2:01.70         | 800       | 20/12/15 | ASA Winter Meet                        | Sheffield      | ASA146   | 2     |
| 400 Freestyle         | 4:29.56  | 4:34.70         | 631       | 27/02/10 | Gloucester County Champs               | Bristol        | CC0056   | 2     |
| 800 Freestyle         | 9:17.34  | 9:27.60         | 628       | 06/12/09 | Gloucester County Champs               | Bristol        | CC0053   | 2     |
| 1500 Freestyle        | 17:45.81 | 18:05.00        | 618       | 20/12/09 | Gloucester County Champs               | Gloucester     | CC0054   | 2     |
| 50 Breaststroke       | 33.14    | 34.10           | 627       | 07/12/13 | BUCS Short Course 2013                 | Sheffield      | BUC008   | 2     |
| 100 Breaststroke      | 1:13.83  | 1:15.50         | 602       | 25/11/11 | 2011 Canada Cup - HEATS                | Toronto        | INT257   | 2     |
| 200 Breaststroke      | 2:44.28  | 2:47.50         | 549       | 12/11/11 | BUCS Swimming (25m) Championships 2011 | Sheffield      | BUC004   | 2     |
| 50 Butterfly          | 27.23    | 27.90           | 717       | 14/11/14 | COAST Grand Prix                       | Aberdeen       | SCO907   | 1     |
| 100 Butterfly         | 1:03.84  | 1:05.00         | 606       | 07/11/15 | 19th International Meet                | Bolzano, Italy | GBR228   | 2     |
| 200 Butterfly         | 2:37.38  | 2:39.40         | 438       | 07/02/10 | Gloucester County Champs               | Gloucester     | CC0055   | 2     |
| 50 Backstroke         | 32.29    | 32.90           | 478       | 24/06/17 | UBSC Summer Sprint Club Championships  | Horfield       | SW170758 | 4     |
| 100 Backstroke        | 1:12.37  | 1:13.50         | 436       | 13/03/10 | Gloucester County Champs               | Gloucester     | CC0057   | 2     |
| 200 Backstroke        | 2:38.45  | 2:40.50         | 422       | 03/02/07 | Gloucester County Champs               | Horfield       | CC7119   | 2     |
| 200 Individual Medley | 2:21.12  | 2:23.90         | 643       | 03/12/11 | BG North West Regional Championships   | Manchester     | NWR107   | 2     |
| 400 Individual Medley | 5:07.87  | 5:13.50         | 594       | 06/02/10 | Gloucester County Champs               | Gloucester     | CC0055   | 2     |
| 100 Individual Medley | 1:02.62  | 1:02.60         | 734       | 18/12/15 | ASA Winter Meet                        | Sheffield      | ASA146   | 2     |