

Individual Best Times (All Time)

Rebecca Flack - (449866) - Sherborne Storm SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.81	29.10	496	03/04/16	Yeovil 2016 Spring Open Meet	Millfield	SW160155	1
100 Freestyle	1:03.48	1:02.10	540	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
200 Freestyle	2:22.33	2:19.90	498	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
400 Freestyle	5:10.18	5:05.60	436	12/06/11	BG South West Region Championships	Street	SWR102	1
800 Freestyle	10:08.56	9:59.00	505	01/02/14	Wiltshire County Championships	Bath	CC4097	1
50 Breaststroke	35.49	34.60	554	03/04/16	Yeovil 2016 Spring Open Meet	Millfield	SW160155	1
100 Breaststroke	1:19.33	1:17.70	528	02/05/16	ASA SWR Summer Championships	Plymouth	SW160535	1
200 Breaststroke	2:51.83	2:48.70	512	30/04/16	ASA SWR Summer Championships	Plymouth	SW160535	1
50 Butterfly	48.99	48.60	124	04/12/09	Team Bath Bernie Nicol Mt	Bath	SW9795	3
100 Butterfly	1:20.56	1:19.60	326	12/01/13	Portsmouth Northsea SC Level 1 Open Meet	Portsmouth	SE3143	1
50 Backstroke	35.54	35.00	431	05/04/14	Derwentio Excel 8th LC Open Meet	Sheffield	EM4029	1
100 Backstroke	1:15.19	1:14.10	443	03/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
200 Backstroke	2:46.89	2:44.90	401	11/06/11	BG South West Region Championships	Street	SWR102	1
200 Individual Medley	2:37.36	2:34.80	514	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
400 Individual Medley	5:59.31	5:54.40	405	19/06/11	British Gas SWR Age Group Championships	Millfield School	SWR103	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.09	29.80	489	17/10/15	GCSC Level 2 October Meet	Gloucester	SW150758	2
100 Freestyle	1:02.53	1:03.90	518	26/01/16	Somerset ASA County Championships	Millfield	SW160262	2
200 Freestyle	2:17.44	2:19.90	517	01/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
400 Freestyle	5:00.74	5:05.40	454	15/05/11	Tigersharks Last Chance Open Meet	Swindon	SW1097	2
800 Freestyle	10:25.89	10:35.10	443	18/09/11	Tigersharks ASC Club Championships	Swindon	SW1099	4
50 Breaststroke	35.07	36.00	529	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Breaststroke	1:16.87	1:18.50	533	19/10/14	BG ASA National County Team Division 2	Sheffield	ASA138	2
200 Breaststroke	2:45.57	2:48.70	536	07/12/14	ASA South West Region Short Course Champs	Millfield	SWR427	2
50 Butterfly	34.55	35.10	351	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Butterfly	1:16.69	1:17.70	350	20/07/13	Swindon Dolphins ASC End of Season Meet	Swindon	SW3337	3
50 Backstroke	35.16	35.70	370	07/07/13	ASA South West Region Events Age Groups	Gloucester	SW3207	3
100 Backstroke	1:12.81	1:13.90	428	28/09/13	Swindon Dolphins Club Championships	Swindon	SW3772	4
200 Backstroke	2:32.71	2:34.90	472	27/09/14	Swindon Dolphin ASC 2014 Club Championships	Swindon	SW4436	4
200 Individual Medley	2:33.48	2:36.00	500	08/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4099	2
400 Individual Medley	5:47.89	5:52.90	412	15/05/11	Tigersharks Last Chance Open Meet	Swindon	SW1097	2
100 Individual Medley	1:11.53	1:11.50	493	02/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2