

Individual Best Times (All Time)

Harriet Rothwell - (455211) - Swansea University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.35	28.60	520	15/12/12	City of Manchester Snow Pen 2012	Manchester	NW2496	1
100 Freestyle	1:02.28	1:00.90	572	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Freestyle	2:09.11	2:06.40	667	27/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
400 Freestyle	4:28.75	4:23.50	671	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
800 Freestyle	9:08.55	8:57.90	690	27/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
1500 Freestyle	19:52.94	19:35.50	459	28/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
50 Breaststroke	49.42	48.80	205	24/05/08	Avalon Last Chance Open	Millfield	SW8228	2
100 Breaststroke	1:42.46	1:41.20	245	14/06/09	South West Region Age Grps	Millfield	SWR907	1
200 Breaststroke	3:39.25	3:36.80	246	07/06/09	South West Region Champs	Millfield	SWR906	1
50 Butterfly	43.20	42.80	180	25/05/08	Avalon Last Chance Open	Millfield	SW8228	2
100 Butterfly	1:14.61	1:13.60	411	09/12/12	Arena League Premier Division Final	Liverpool	NW2674	1
200 Butterfly	2:33.01	2:30.90	504	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
50 Backstroke	43.03	42.60	243	25/05/08	Avalon Last Chance Open	Millfield	SW8228	2
100 Backstroke	1:12.87	1:11.80	486	03/11/12	City of Sunderland 2012 Firecracker	Sunderland	NE2749	1
200 Backstroke	2:32.98	2:30.80	521	02/06/13	Midland Age Group Championships 2013	Coventry	WMR316	1
200 Individual Medley	2:31.77	2:29.20	573	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
400 Individual Medley	5:14.85	5:09.20	602	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.23	29.90	482	28/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
100 Freestyle	1:00.44	1:01.80	574	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
200 Freestyle	2:06.89	2:09.60	656	21/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
400 Freestyle	4:24.10	4:29.40	671	22/11/15	Stockport Metro November Meet 2015	Stockport	NW151137	2
800 Freestyle	8:58.16	9:08.80	698	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
1500 Freestyle	19:23.91	19:41.50	475	19/12/10	Gloucester County Champs	Bristol	CC1046	2
50 Breaststroke	39.98	40.80	357	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
100 Breaststroke	1:22.94	1:24.40	425	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
200 Breaststroke	2:56.90	2:59.90	440	28/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
50 Butterfly	33.29	33.90	392	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Butterfly	1:10.67	1:11.70	447	24/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
200 Butterfly	2:29.00	2:31.10	517	07/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
50 Backstroke	33.83	34.40	415	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Backstroke	1:10.79	1:11.90	466	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
200 Backstroke	2:26.82	2:29.10	531	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
200 Individual Medley	2:28.92	2:31.50	547	23/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
400 Individual Medley	5:09.00	5:14.60	588	16/11/14	Stafford Apex Open Meet	Stafford	WM4889	2
100 Individual Medley	1:11.76	1:11.80	488	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2