

# Individual Best Times (All Time)

Iona Chamberlain-Clark - (464934) - Aqualina (Stevenage) Artistic Sw

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.64	39.10	211	03/10/09	Robin Hood Open Meet	Sheffield	EM9305	1
100 Freestyle	1:12.25	1:11.10	366	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Butterfly	35.23	34.70	333	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Backstroke	38.10	37.60	350	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.25	31.90	395	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Freestyle	1:09.89	1:11.10	371	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
200 Freestyle	2:47.65	2:49.70	284	20/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
400 Freestyle	6:07.32	6:11.10	249	19/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
50 Breaststroke	42.40	43.10	299	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Breaststroke	1:37.79	1:39.10	259	23/10/11	Flitwick Dolphins Open Meet	Biggleswade	ER1427	3
200 Breaststroke	3:32.56	3:35.00	253	22/10/11	Flitwick Dolphins Open Meet	Biggleswade	ER1427	3
50 Butterfly	34.61	35.20	349	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Butterfly	1:30.30	1:31.10	214	17/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
50 Backstroke	36.57	37.10	329	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Backstroke	1:19.58	1:20.60	328	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Backstroke	2:55.19	2:57.10	312	17/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
200 Individual Medley	2:56.66	2:58.90	328	30/11/13	Flitwick Dolphins Club Championships 2013	Bletchley	ER31028	4
100 Individual Medley	1:25.32	1:25.30	290	21/11/10	Flitwick Dolphins Club Championships	Various	ER0753	4