

# Individual Best Times (All Time)

Rachel Cox - (490405) - Wycombe District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.22	26.40	652	13/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
100 Freestyle	58.03	56.60	707	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	SE172007	1
200 Freestyle	2:06.25	2:03.50	714	04/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	SE172007	1
400 Freestyle	4:26.14	4:20.80	691	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
800 Freestyle	9:24.49	9:14.20	633	26/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Breaststroke	43.18	42.40	307	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Breaststroke	1:35.04	1:33.70	307	20/09/14	Wycombe District Club Gala	Wycombe	SE14255	4
200 Breaststroke	3:31.94	3:29.40	273	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Butterfly	30.89	30.30	494	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Butterfly	1:07.60	1:06.50	552	21/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
50 Backstroke	33.30	32.70	524	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
100 Backstroke	1:12.19	1:11.10	500	17/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	SE160109	3
200 Backstroke	2:32.62	2:30.40	525	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
200 Individual Medley	2:31.71	2:29.10	574	16/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
400 Individual Medley	5:50.16	5:45.10	437	18/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.32	27.10	661	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Freestyle	56.37	57.80	708	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
200 Freestyle	2:01.42	2:04.20	749	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Freestyle	4:22.84	4:28.10	681	03/11/18	Midland Winter Short Course Championships 2018	Harvey Hadden	EM182245	2
800 Freestyle	9:20.53	9:30.70	617	07/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2
50 Breaststroke	39.87	40.70	360	29/06/14	Maxwell June Meet 2014	Aylesbury	SE4520	3
100 Breaststroke	1:27.09	1:28.50	367	29/06/14	Maxwell June Meet 2014	Aylesbury	SE4520	3
200 Breaststroke	3:05.41	3:08.20	382	28/06/14	Maxwell June Meet 2014	Aylesbury	SE4520	3
50 Butterfly	29.68	30.30	554	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Butterfly	1:06.53	1:07.70	536	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Butterfly	2:39.76	2:41.70	419	04/10/14	Maxwell Autumn Meet	Aylesbury	SE141110	3
50 Backstroke	32.03	32.70	489	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
100 Backstroke	1:07.53	1:08.70	537	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
200 Backstroke	2:20.99	2:23.30	600	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Individual Medley	2:30.40	2:33.00	531	25/06/16	Maxwell Swim Club June 2016 L3 Meet	Aylesbury	SE161060	3
400 Individual Medley	5:29.37	5:34.70	485	09/03/14	Berkshire & South Buckinghamshire Champs	Maidenhead	CC4021	2
100 Individual Medley	1:10.69	1:10.70	510	08/11/15	ASA South East Region Winter Championships 2015	Portsmouth	SE152074	2