

Individual Best Times (All Time)

Rebecca Thompson - (490480) - Southport SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.94	28.20	542	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	NW3449	1
100 Freestyle	1:02.31	1:01.00	571	01/06/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
200 Freestyle	2:21.21	2:18.70	510	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
400 Freestyle	4:51.23	4:46.40	527	15/03/14	Lancashire County Championships	Manchester	CC4087	1
50 Breaststroke	36.75	35.90	499	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Breaststroke	1:18.84	1:17.20	538	09/06/12	North West Region Age Group Championships	Manchester	NWR211	1
200 Breaststroke	2:52.19	2:49.10	509	03/06/12	North West Region Age Group Championships	Manchester	NWR211	1
50 Butterfly	33.10	32.50	402	18/03/12	Lancashire County Championships	Manchester	CC2016	1
100 Butterfly	1:14.59	1:13.60	411	15/03/14	Lancashire County Championships	Manchester	CC4087	1
50 Backstroke	31.93	31.30	595	19/04/14	City of Leeds National Qualifying Meet 2014	Leeds	NE4025	1
100 Backstroke	1:08.85	1:07.70	577	26/01/14	Northern Area Zonal Meet 2014	Sheffield	ZM4403	1
200 Backstroke	2:31.53	2:29.30	536	19/04/14	City of Leeds National Qualifying Meet 2014	Leeds	NE4025	1
200 Individual Medley	2:31.61	2:29.00	575	10/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
400 Individual Medley	5:26.82	5:21.40	538	09/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.76	29.50	506	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Freestyle	1:01.99	1:03.30	532	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
200 Freestyle	2:14.16	2:16.70	555	02/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
400 Freestyle	4:47.45	4:52.30	521	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
800 Freestyle	10:34.92	10:44.00	425	22/01/12	North Lancashire Age Group & Youth Champs	Blackpool	NW2020	3
50 Breaststroke	36.82	37.70	457	19/01/13	North Lancashire AG & Youth Champs	Blackpool	NW3160	3
100 Breaststroke	1:17.78	1:19.40	515	01/12/13	Cumbria S & WPA Interassociation	Blackpool	NW3905	2
200 Breaststroke	2:49.73	2:52.80	498	02/02/13	North Lancashire AG & Youth Champs	Blackpool	NW3161	3
50 Butterfly	31.53	32.10	462	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	NW3330	3
100 Butterfly	1:11.60	1:12.70	430	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
200 Butterfly	2:59.54	3:01.30	295	06/11/11	North Lancashire Level 3 Open Meet	Blackpool	NW1530	3
50 Backstroke	32.38	33.00	474	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
100 Backstroke	1:05.99	1:07.20	575	19/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
200 Backstroke	2:32.93	2:35.10	470	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
200 Individual Medley	2:29.52	2:32.10	541	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
400 Individual Medley	5:24.89	5:30.30	506	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3