

Individual Best Times (All Time)

Briony Gooden - (494982) - Bushey Amateur Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.10	30.40	437	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Freestyle	1:10.10	1:08.90	401	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
50 Backstroke	36.27	35.70	406	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Backstroke	1:19.98	1:19.00	368	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.35	31.00	431	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
100 Freestyle	1:07.20	1:08.40	418	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
200 Freestyle	2:33.27	2:35.50	372	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
50 Butterfly	34.46	35.00	354	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3
100 Butterfly	1:21.48	1:22.40	291	05/10/14	Harpenden Legacy Meet	Borehamwood	ER4513	3
50 Backstroke	34.04	34.60	408	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Backstroke	1:16.11	1:17.20	375	27/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Backstroke	2:49.44	2:51.40	345	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	ER3898	3
100 Individual Medley	1:23.00	1:23.00	315	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3