

Individual Best Times (All Time)

Sarah Bellamy - (527028) - Carnforth & Dist Otters

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.63	36.10	267	15/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Freestyle	3:11.74	3:09.90	203	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
50 Butterfly	42.08	41.60	195	16/03/14	Lancashire County Championships	Manchester	CC4087	1
50 Backstroke	43.04	42.60	243	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.17	36.70	254	18/01/14	North Lancashire Age Groups 2014	Blackpool	NW4147	3
100 Freestyle	1:22.33	1:23.30	227	26/09/15	Ulverston Graded Age Group Meet	Kendal	NW151559	3
200 Freestyle	3:12.97	3:14.80	186	01/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
50 Breaststroke	51.27	51.90	169	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
100 Breaststroke	2:06.22	2:07.20	120	15/02/14	ESSA North West Individual Championships	Bolton	NW4098	3
50 Butterfly	41.12	41.60	208	26/05/13	Blackpool "Rocks" Level 3 Open Meet	Blackpool	NW3229	3
100 Butterfly	1:49.15	1:49.80	121	02/02/14	North Lancashire Age Groups, Youth & Champs	Blackpool	NW4148	3
50 Backstroke	42.87	43.30	204	25/05/13	Blackpool "Rocks" Level 3 Open Meet	Blackpool	NW3229	3
100 Backstroke	1:35.49	1:36.30	189	26/05/13	Blackpool "Rocks" Level 3 Open Meet	Blackpool	NW3229	3
200 Individual Medley	3:31.31	3:33.20	191	15/02/14	ESSA North West Individual Championships	Bolton	NW4098	3
100 Individual Medley	1:36.46	1:36.50	201	28/09/13	Ulverston ASC Graded Age Group Meet 2013	Kendal	NW3738	3