

Individual Best Times (All Time)

Cassandra Patten - (6281) - Witney & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.57	26.80	628	20/01/06	Welsh New Year Dragon Meet	Swansea	WAL097	1
100 Freestyle	58.60	57.20	687	30/01/10	Burns Open Meet	Sheffield	NE0032	1
200 Freestyle	2:02.54	1:59.70	781	06/06/09	Mare Nostrum	Barcelona	INT216	1
400 Freestyle	4:12.79	4:07.20	807	06/06/09	Mare Nostrum	Barcelona	INT216	1
800 Freestyle	8:25.91	8:14.40	879	14/08/08	Olympic Games 2008	Beijing, China	INT208	1
1500 Freestyle	16:15.33	15:54.00	840	07/03/11	British Gas Swimming Championships 2011	Manchester	ASA108	1
100 Breaststroke	1:20.26	1:18.70	510	18/04/04	4th National Speedo League	Sheffield	L1E161	1
200 Breaststroke	3:16.86	3:14.20	341	05/05/01	Western Counties Long Course	Millfield	WES011	1
50 Butterfly	29.20	28.50	585	27/11/04	Western Counties Championships	Millfield	DCW006	1
100 Butterfly	1:02.52	1:01.30	698	05/08/04	ASA National Youth Champs 2004	Sheffield	ASA044	1
200 Butterfly	2:11.91	2:09.50	787	31/03/08	British Champs (50m) 2008	Sheffield	ASA077	1
50 Backstroke	30.86	30.20	659	09/04/06	GB Championships 2006	Sheffield	ASA057	1
100 Backstroke	1:09.48	1:08.30	561	27/11/05	South Western Region Champ	Millfield	SWR504	1
200 Backstroke	2:25.93	2:23.60	600	26/11/05	South Western Region Champ	Millfield	SWR504	1
200 Individual Medley	2:21.96	2:19.20	701	22/04/07	38th Nat Speedo Cup Final	Sheffield	NE7094	1
400 Individual Medley	4:49.15	4:43.00	777	04/04/06	GB Championships 2006	Sheffield	ASA057	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.57	27.30	642	13/05/06	Hatfield UK Challenge	Hatfield	ER6130	1
100 Freestyle	57.28	58.70	675	13/05/06	Hatfield UK Challenge	Hatfield	ER6130	1
200 Freestyle	1:59.12	2:02.00	794	09/08/09	British Gas Grand Prix	Leeds	ASA095	1
400 Freestyle	4:05.91	4:11.50	832	15/12/07	European Short Course 2008	Debrecen, Hungary	INT195	1
800 Freestyle	8:20.25	8:31.60	869	14/12/07	European Short Course 2008	Debrecen, Hungary	INT195	1
1500 Freestyle	16:03.69	16:24.80	837	26/04/07	British Swimming Stage 1	Loughborough	ASA069	1
50 Breaststroke	35.72	36.60	501	19/02/05	Devon County Championships	Tiverton	CCW575	2
100 Breaststroke	1:14.76	1:16.40	580	30/01/05	Devon County Inter-Club Champs	Plymouth	CCW572	2
200 Breaststroke	2:41.29	2:44.50	580	14/02/04	Devon County Championships	Plymouth	CCW027	2
50 Butterfly	29.41	30.00	569	19/02/05	Devon County Championships	Tiverton	CCW574	2
100 Butterfly	1:00.88	1:02.10	699	13/05/06	Hatfield UK Challenge	Hatfield	ER6130	1
200 Butterfly	2:08.56	2:11.00	805	13/12/07	European Short Course 2008	Debrecen, Hungary	INT195	1
50 Backstroke	30.46	31.10	569	19/02/05	Devon County Championships	Plymouth	CCW573	2
100 Backstroke	1:03.33	1:04.60	651	19/02/05	Devon County Championships	Plymouth	CCW573	2
200 Backstroke	2:14.17	2:16.60	696	04/03/06	Devon County Champs	Tiverton	CC6068	2
200 Individual Medley	2:19.89	2:22.70	661	26/08/04	2004 British Championships 25m	Manchester	ASA045	2
400 Individual Medley	4:45.12	4:51.20	749	13/05/06	Hatfield UK Challenge	Hatfield	ER6130	1
100 Individual Medley	1:05.23	1:05.20	650	26/08/04	2004 British Championships 25m	Manchester	ASA045	2