

Individual Best Times (All Time)

Bethany Dolan - (728392) - Bedford Swim Squad

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|---------|-------|
| 50 Freestyle | 32.99 | 32.30 | 366 | 09/01/11 | City of Derby 10th Long Course Open Meet | Sheffield | EM1029 | 1 |
| 100 Freestyle | 1:06.11 | 1:04.80 | 478 | 18/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464 | 1 |
| 200 Freestyle | 2:21.73 | 2:19.30 | 504 | 02/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |
| 400 Freestyle | 4:56.54 | 4:51.80 | 500 | 02/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |
| 800 Freestyle | 10:17.72 | 10:08.30 | 483 | 01/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |
| 50 Breaststroke | 49.96 | 49.30 | 198 | 10/01/10 | City of Derby Long Course | Sheffield | EM0019 | 1 |
| 100 Breaststroke | 1:40.65 | 1:39.40 | 258 | 15/05/11 | Rotherham Metro Level One Meet | Sheffield | NE1081 | 1 |
| 200 Breaststroke | 3:30.67 | 3:28.10 | 278 | 14/05/11 | Rotherham Metro Level One Meet | Sheffield | NE1081 | 1 |
| 50 Butterfly | 35.43 | 34.90 | 327 | 08/01/11 | City of Derby 10th Long Course Open Meet | Sheffield | EM1029 | 1 |
| 100 Butterfly | 1:18.15 | 1:17.20 | 357 | 20/05/12 | Northampton SC May Open Meet | Corby | EM2253 | 1 |
| 200 Butterfly | 3:12.24 | 3:10.60 | 254 | 10/07/11 | Northampton SC Summer Festival Open Meet | Corby | EM1465 | 4 |
| 50 Backstroke | 39.31 | 38.80 | 319 | 08/01/11 | City of Derby 10th Long Course Open Meet | Sheffield | EM1029 | 1 |
| 100 Backstroke | 1:18.69 | 1:17.70 | 386 | 08/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |
| 200 Backstroke | 2:43.43 | 2:41.40 | 427 | 18/11/12 | Team Luton Inaugural Long Course Meet | Luton | ER2464 | 1 |
| 200 Individual Medley | 2:42.72 | 2:40.30 | 465 | 01/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |
| 400 Individual Medley | 5:50.33 | 5:45.30 | 437 | 08/06/13 | BGASA East Region Age Group Champs | Norwich | ERX313 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------|-------------|---------|-------|
| 50 Freestyle | 30.10 | 30.80 | 442 | 16/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 100 Freestyle | 1:04.33 | 1:05.60 | 476 | 02/03/13 | Bedfordshire County Championships | Luton | CC3022 | 2 |
| 200 Freestyle | 2:18.94 | 2:21.40 | 500 | 03/03/13 | Bedfordshire County Championships | Luton | CC3022 | 2 |
| 400 Freestyle | 4:54.06 | 4:58.80 | 486 | 16/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 800 Freestyle | 10:16.02 | 10:25.30 | 465 | 21/04/12 | Team Luton SC Short Course Open Meet | Watford | ER2091 | 3 |
| 50 Breaststroke | 40.70 | 41.50 | 338 | 20/01/13 | Biggleswade SC 14th Open meet | Biggleswade | ER3081 | 3 |
| 100 Breaststroke | 1:27.14 | 1:28.60 | 366 | 20/01/13 | Biggleswade SC 14th Open meet | Biggleswade | ER3081 | 3 |
| 200 Breaststroke | 3:06.55 | 3:09.40 | 375 | 16/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 50 Butterfly | 33.55 | 34.10 | 383 | 26/02/12 | Bedfordshire County Championships | Biggleswade | CC2055 | 2 |
| 100 Butterfly | 1:13.00 | 1:14.00 | 405 | 23/06/13 | CMKSC 11th Annual End of Season | Bletchley | SE3106 | 3 |
| 200 Butterfly | 3:00.90 | 3:02.60 | 289 | 19/01/14 | Biggleswade SC 15th Open Meet | Biggleswade | ER4051 | 3 |
| 50 Backstroke | 34.36 | 34.90 | 396 | 17/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 100 Backstroke | 1:11.13 | 1:12.30 | 459 | 16/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 200 Backstroke | 2:34.47 | 2:36.60 | 456 | 17/03/13 | Bedfordshire County Championships | Luton | CC3024 | 2 |
| 200 Individual Medley | 2:35.81 | 2:38.30 | 478 | 03/03/13 | Bedfordshire County Championships | Luton | CC3022 | 2 |
| 400 Individual Medley | 5:27.98 | 5:33.30 | 492 | 02/03/13 | Bedfordshire County Championships | Luton | CC3022 | 2 |
| 100 Individual Medley | 1:15.58 | 1:15.60 | 417 | 05/10/13 | Leicester Penguins Open Meet 2013 | Braunstone | EM3358 | 3 |