

# Individual Best Times (All Time)

Honey Owen - (741188) - Calne Alpha Four ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.75	28.00	553	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Freestyle	1:02.38	1:01.00	569	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
200 Freestyle	2:16.03	2:13.50	570	27/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
400 Freestyle	4:49.82	4:44.90	535	24/04/16	Millfield & Taunton Super Series	Millfield	SW160152	1
800 Freestyle	10:00.66	9:51.00	525	22/04/16	Millfield & Taunton Super Series	Millfield	SW160152	1
50 Breaststroke	36.70	35.80	501	27/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
100 Breaststroke	1:22.21	1:20.70	474	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
200 Breaststroke	3:03.48	3:00.60	421	18/11/17	Plymouth Leander Winter National Qualifier Open	Plymouth	SW171930	1
50 Butterfly	29.78	29.10	552	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
100 Butterfly	1:06.67	1:05.50	576	30/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Backstroke	32.65	32.00	556	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
100 Backstroke	1:10.04	1:08.90	548	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
200 Backstroke	2:32.28	2:30.10	528	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
200 Individual Medley	2:32.37	2:29.80	567	26/03/16	Exeter City Easter Meet 2016	Millfield	SW160324	1
400 Individual Medley	6:06.24	6:01.40	382	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.02	28.80	548	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Freestyle	1:00.69	1:02.10	567	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Freestyle	2:13.15	2:15.70	568	27/10/18	City of Bristol Early Bird	Hengrove LC	SW181402	3
400 Freestyle	4:46.20	4:51.10	527	27/10/18	City of Bristol Early Bird	Hengrove LC	SW181402	3
800 Freestyle	9:58.06	10:07.60	508	09/10/16	Keynsham Long Distance County Qualifier	Bristol	SW161182	4
50 Breaststroke	35.84	36.70	495	30/01/16	Wiltshire Age Group Championships	Swindon	SW160241	2
100 Breaststroke	1:20.83	1:22.40	459	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Breaststroke	2:59.47	3:02.40	421	11/06/16	Calne Alpha 4 L3 Open Meet	Calne	SW160695	3
50 Butterfly	29.44	30.10	567	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Butterfly	1:06.97	1:08.10	525	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Butterfly	2:48.19	2:50.10	359	12/06/16	Calne Alpha 4 L3 Open Meet	Calne	SW160695	3
50 Backstroke	31.43	32.10	518	30/01/16	Wiltshire Age Group Championships	Swindon	SW160241	2
100 Backstroke	1:06.96	1:08.10	550	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	SW151969	2
200 Backstroke	2:27.66	2:29.90	522	05/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
200 Individual Medley	2:32.12	2:34.70	514	06/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
400 Individual Medley	5:29.63	5:34.90	484	30/01/16	Wiltshire Age Group Championships	Swindon	SW160241	2
100 Individual Medley	1:10.02	1:10.00	525	24/09/16	Aquae Sulis Early Season Invitational Sprint	Bristol	SW161580	3