

# Individual Best Times (All Time)

Arabella Seymour - (750449) - Millfield

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.16	28.40	530	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Freestyle	1:05.49	1:04.20	492	19/07/15	London Region End of Season Meet	Crystal Palace	LR150871	3
200 Freestyle	2:42.11	2:39.90	337	09/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
400 Freestyle	5:16.99	5:12.50	409	03/03/13	Surrey County Championships	Guildford	CC3039	1
800 Freestyle	10:24.85	10:15.50	467	01/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1
50 Breaststroke	36.14	35.30	525	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Breaststroke	1:21.07	1:19.50	494	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Breaststroke	2:53.47	2:50.40	498	10/05/15	London Region Summer Championships	London	LR150562	1
50 Butterfly	31.71	31.10	457	10/04/16	London Region Summer Championships	London	LR160414	1
100 Butterfly	1:11.25	1:10.20	472	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
50 Backstroke	33.89	33.30	497	30/05/15	London Regional Championships	London	LR150606	1
100 Backstroke	1:13.83	1:12.70	468	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Backstroke	2:40.71	2:38.60	449	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
200 Individual Medley	2:43.22	2:40.80	461	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
400 Individual Medley	5:50.23	5:45.20	437	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.50	30.20	469	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	1:03.52	1:04.80	495	14/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
200 Freestyle	2:21.96	2:24.40	469	06/06/15	Surrey Development Meet 2015	Guildford	LR150938	3
400 Freestyle	5:08.82	5:13.30	420	25/10/14	Wandsworth Club Championships	Epsom	LR14491	4
800 Freestyle	10:51.54	11:00.40	393	31/10/15	Wandsworth Club Championships 2015	Epsom	LR151829	4
50 Breaststroke	35.12	36.00	527	06/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
100 Breaststroke	1:19.35	1:20.90	485	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Breaststroke	2:50.97	2:54.00	487	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
50 Butterfly	31.19	31.80	477	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Butterfly	1:09.76	1:10.80	465	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Butterfly	2:59.55	3:01.30	295	16/03/13	Surrey County Championships	Guildford	CC3041	2
50 Backstroke	34.05	34.60	407	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Backstroke	1:11.64	1:12.80	449	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Backstroke	2:35.87	2:38.00	444	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Individual Medley	2:37.43	2:39.90	463	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Individual Medley	5:48.62	5:53.60	409	24/11/13	Kingston Royals Club Championships	Kingston upon Thames	LR3997	4
100 Individual Medley	1:11.71	1:11.70	489	14/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2