

Individual Best Times (All Time)

Rebecca Bamber - (804521) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.42	29.70	467	25/04/15	Stocksbridge Spring Open Meet	Sheffield	NE150262	3
100 Freestyle	1:07.25	1:06.00	454	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3
200 Freestyle	2:32.54	2:30.20	404	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
400 Freestyle	5:44.52	5:40.40	318	08/01/12	Sheffield & District ASA Championships	Sheffield	NE2101	4
50 Breaststroke	41.68	40.90	342	12/05/13	Derwentio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
100 Breaststroke	1:33.56	1:32.20	322	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
200 Breaststroke	3:21.02	3:18.40	320	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
50 Butterfly	33.45	32.90	389	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3
100 Butterfly	1:17.39	1:16.40	368	25/05/13	City of Sheffield No Frill Meet	Sheffield	NE3172	1
50 Backstroke	34.88	34.30	456	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
100 Backstroke	1:15.08	1:14.00	445	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
200 Backstroke	2:43.15	2:41.10	429	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Individual Medley	2:48.54	2:46.20	419	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.45	31.10	427	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	NE3214	3
100 Freestyle	1:05.91	1:07.20	443	12/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
200 Freestyle	2:29.44	2:31.70	402	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
400 Freestyle	5:27.68	5:31.90	351	26/11/11	Rotherham Metro Time Trials	Rotherham	NE1550	4
50 Breaststroke	40.43	41.20	345	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Breaststroke	1:28.90	1:30.30	345	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Breaststroke	3:10.42	3:13.20	352	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
50 Butterfly	33.34	33.90	391	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
100 Butterfly	1:18.14	1:19.10	330	23/11/13	City of Bradford Winter Meet	Leeds	NE3644	3
50 Backstroke	34.12	34.70	405	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
100 Backstroke	1:12.82	1:13.90	428	13/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
200 Backstroke	2:40.82	2:42.90	404	27/10/12	City of Bradford Halloween Meet	Bradford	NE2531	2
200 Individual Medley	2:45.83	2:48.20	396	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
100 Individual Medley	1:17.79	1:17.80	383	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	NE3214	3