

# Individual Best Times (All Time)

Rebecca Jones - (816489) - Northgate Bridgnorth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.58	37.00	247	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
100 Freestyle	1:21.29	1:20.30	257	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Freestyle	2:54.13	2:52.10	272	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
400 Freestyle	6:05.69	6:01.80	266	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
50 Breaststroke	54.47	53.90	153	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Butterfly	44.05	43.60	170	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Butterfly	1:40.60	1:39.80	167	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Butterfly	3:38.78	3:37.30	172	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
50 Backstroke	46.57	46.10	191	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Backstroke	1:39.69	1:38.90	190	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Individual Medley	3:21.98	3:20.00	243	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
400 Individual Medley	7:10.96	7:06.80	234	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.01	35.60	280	26/02/17	Shropshire County Championships 2017	Wolverhampton	WM170439	2
100 Freestyle	1:16.64	1:17.70	281	02/07/17	Shropshire ASA Development Meet	Wolverhampton	WM171305	3
200 Freestyle	2:43.24	2:45.40	308	27/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
400 Freestyle	5:42.47	5:46.60	308	17/09/16	Northgate Club Championships	Much Wenlock	WM161931	4
800 Freestyle	11:51.41	11:59.50	302	25/09/18	Northgate Annual Championships	Much Wenlock	WM182273	4
1500 Freestyle	22:34.26	22:49.40	301	27/09/18	Northgate Annual Championships	Much Wenlock	WM182274	4
50 Breaststroke	51.00	51.60	172	26/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
100 Breaststroke	2:07.75	2:08.70	116	20/09/14	Northgate SC Bridgnorth Annual Championships	Much Wenlock	WM14294	4
50 Butterfly	40.17	40.60	223	19/02/17	Shropshire County Championships 2017	Wolverhampton	WM170438	2
100 Butterfly	1:32.06	1:32.90	202	25/09/16	Northgate Club Championships	Much Wenlock	WM161936	4
200 Butterfly	3:19.29	3:20.90	216	07/01/17	Northgate TimeTrial	Much Wenlock	WM170489	4
50 Backstroke	44.99	45.40	176	26/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
100 Backstroke	1:32.69	1:33.60	207	27/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
200 Backstroke	3:18.90	3:20.60	213	25/11/17	Northgate P B Buster	Wolverhampton	WM171828	3
200 Individual Medley	3:07.34	3:09.40	275	27/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
400 Individual Medley	6:53.97	6:58.20	244	21/09/17	Northgate Annual Championships	Much Wenlock	WM172235	4
100 Individual Medley	1:33.02	1:33.00	224	23/09/17	Northgate Annual Championships	Much Wenlock	WM172236	4