

Individual Best Times (All Time)

Rachel Parry - (819254) - Seabyrd SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:24.86	1:23.90	226	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
100 Breaststroke	1:53.46	1:52.30	180	23/09/12	Hillingdon SC Autumn Sprints Meet 2012	Hillingdon	LR2129	4
100 Butterfly	1:50.51	1:49.80	126	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
50 Backstroke	53.46	53.10	126	22/09/13	Hillingdon SC 3rd Autumn Sprints Meet	Hillingdon	LR3470	3
100 Backstroke	1:52.56	1:51.80	132	23/09/12	Hillingdon SC Autumn Sprints Meet 2012	Hillingdon	LR2129	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.32	38.90	214	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3
100 Freestyle	1:22.29	1:23.30	227	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	ER4474	3
200 Freestyle	3:03.83	3:05.70	216	19/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3
50 Breaststroke	50.26	50.90	179	22/04/13	MCASA Spring Development Meet	Southbury	LR3355	3
100 Breaststroke	1:53.78	1:54.90	164	12/01/13	Staines SC Black Swan County Qualifier	Staines	SE3109	3
200 Breaststroke	3:57.79	4:00.00	181	13/01/13	Staines SC Black Swan County Qualifier	Staines	SE3109	3
50 Butterfly	43.44	43.90	176	27/02/16	Staines Black Swan B & C Grade Meet	Walton on Thames	SE160311	3
100 Butterfly	1:57.39	1:58.00	97	21/04/13	MCASA Spring Development Meet	Southbury	LR3345	3
200 Butterfly	4:17.05	4:18.30	100	03/02/13	Enfield Swim Squad County Qualifier	Enfield	LR3153	3
50 Backstroke	48.50	48.90	141	01/02/14	Potters Bar Winter Open Meet	Potters Bar	ER4031	3
200 Individual Medley	3:27.35	3:29.30	202	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Individual Medley	1:39.67	1:39.70	182	18/11/12	Middlesex ASA Winter Development Meet	Enfield	LR2553	4