

# Individual Best Times (All Time)

Isla Yarrow - (825858) - Saffron Walden SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.79	32.10	373	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
100 Freestyle	1:10.03	1:08.80	402	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
200 Freestyle	2:35.20	2:32.90	384	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Butterfly	36.83	36.30	291	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Backstroke	37.34	36.80	372	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:19.10	1:18.10	380	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
200 Backstroke	2:51.96	2:50.00	367	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Individual Medley	2:59.76	2:57.50	345	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.85	32.50	373	24/09/16	2nd Saffron Seals Club Meet	Saffron Walden	ER161957	4
100 Freestyle	1:08.98	1:10.20	386	23/09/17	3rd Saffron Seals L4 Short Course Meet	Saffron Walden	ER172009	4
200 Freestyle	2:30.80	2:33.10	391	23/09/17	3rd Saffron Seals L4 Short Course Meet	Saffron Walden	ER172009	4
400 Freestyle	5:19.89	5:24.30	378	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
800 Freestyle	10:43.96	10:52.90	407	02/12/17	BPSC 800 & 1500 County & Regional Qualifier	Basildon	ER172325	3
50 Breaststroke	44.05	44.80	267	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
50 Butterfly	35.93	36.50	312	24/09/16	2nd Saffron Seals Club Meet	Saffron Walden	ER161957	4
100 Butterfly	1:22.41	1:23.30	282	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
50 Backstroke	36.76	37.30	324	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
100 Backstroke	1:16.83	1:17.90	364	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
200 Backstroke	2:40.28	2:42.30	408	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
200 Individual Medley	2:54.00	2:56.30	343	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow	ER150891	3
100 Individual Medley	1:31.07	1:31.10	238	06/10/13	Bishop Stortford 5th Autumn Open Meet	Braintree	ER3472	3