

Individual Best Times (All Time)

Isabelle Cashmore - (831353) - Wombourne SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	40.80	40.00	365	29/05/16	West Midlands ASA Championships	Coventry	WM160483	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.87	31.50	409	24/06/18	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM180027	3
100 Freestyle	1:07.92	1:09.10	404	23/06/18	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM180027	3
200 Freestyle	2:27.84	2:30.20	415	23/06/18	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM180027	3
400 Freestyle	5:31.97	5:36.20	338	02/10/16	Stafford Apex 2016 Autumn Open Meet	Stafford	WM162023	3
800 Freestyle	11:57.67	12:05.70	294	29/11/14	Halesowen Club Championships	Edgbaston	WM14239	4
50 Breaststroke	39.58	40.40	368	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
100 Breaststroke	1:28.02	1:29.40	355	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
200 Breaststroke	3:15.50	3:18.20	326	09/04/17	Nuneaton & Bedworth 'Delia Reynolds' Open Meet	Nuneaton	WM170387	3
50 Butterfly	39.80	40.30	229	16/07/16	Wolverhampton Level 3 Sprint Meet	Wolverhampton	WM160766	3
100 Butterfly	1:48.27	1:49.00	124	14/11/14	Halesowen Club Championships	Halesowen	WM14235	4
200 Butterfly	4:07.67	4:08.90	112	28/11/14	Halesowen Club Championships	Halesowen	WM14238	4
50 Backstroke	41.80	42.30	220	02/10/16	Stafford Apex 2016 Autumn Open Meet	Stafford	WM162023	3
100 Backstroke	1:29.06	1:30.00	234	17/09/17	Stourbridge Club Championships	Wolverhampton	WM171554	4
200 Backstroke	3:04.96	3:06.80	265	08/10/17	Stourbridge Club Championships	Wolverhampton	WM171555	4
200 Individual Medley	3:03.50	3:05.60	292	17/07/16	Wolverhampton Level 3 Sprint Meet	Wolverhampton	WM160766	3
100 Individual Medley	1:23.18	1:23.20	313	20/11/16	Wombourne Annual Club Championships	Wombourne	WM161890	4