

Individual Best Times (All Time)

Jessica Shephard - (846150) - Kimberley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.35	28.60	520	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Freestyle	1:04.10	1:02.80	524	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192730	1
200 Freestyle	2:19.49	2:17.00	529	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
400 Freestyle	4:52.12	4:47.30	523	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
800 Freestyle	10:01.12	9:51.40	524	25/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Breaststroke	45.01	44.30	271	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
100 Breaststroke	1:37.46	1:36.20	284	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Breaststroke	3:23.83	3:21.20	307	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
50 Butterfly	33.91	33.30	373	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Butterfly	1:18.01	1:17.00	359	19/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190203	1
50 Backstroke	35.69	35.10	426	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Backstroke	1:16.75	1:15.70	416	04/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1
200 Backstroke	2:40.37	2:38.30	452	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1
200 Individual Medley	2:45.63	2:43.20	441	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
400 Individual Medley	5:50.30	5:45.20	437	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.89	29.60	499	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Freestyle	1:02.69	1:04.00	515	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Freestyle	2:13.77	2:16.30	560	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
400 Freestyle	4:47.99	4:52.80	518	02/12/18	Nottinghamshire ASA Festive Frenzy Gala 2018	Nottingham	EM181999	3
800 Freestyle	9:59.79	10:09.40	504	17/12/17	Nova Centurion Distance Meet	Nottingham	EM171924	3
50 Breaststroke	43.63	44.30	274	22/12/19	Long Eaton BIG 50	Long Eaton	EM193272	4
100 Breaststroke	1:32.59	1:33.90	305	16/07/17	Nottinghamshire ASA Summer Gala 2017	Nottingham	EM170707	3
200 Breaststroke	3:17.43	3:20.10	316	18/11/17	Mansfield Major Oak Open Meet	Mansfield	EM171946	3
50 Butterfly	33.45	34.00	387	02/10/22	Kimberley SC Club Championships	Hucknall	EM220313	4
100 Butterfly	1:11.69	1:12.70	428	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
200 Butterfly	3:02.16	3:03.90	283	16/07/17	Nottinghamshire ASA Summer Gala 2017	Nottingham	EM170707	3
50 Backstroke	34.86	35.40	380	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Backstroke	1:12.26	1:13.40	438	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Backstroke	2:33.17	2:35.30	468	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
200 Individual Medley	2:41.29	2:43.70	431	15/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
400 Individual Medley	5:37.60	5:42.80	451	02/12/17	Nottinghamshire Festive Frenzy Gala 2017	Nottingham	EM172167	3
100 Individual Medley	1:15.31	1:15.30	422	22/12/19	Long Eaton BIG 50	Long Eaton	EM193272	4