

# Individual Best Times (All Time)

Elizabeth Wheadon - (882694) - City of Southampton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	39.41	38.90	238	20/11/14	ISA London West Regional Championships	Guildford	SE4845	3
100 Backstroke	1:31.68	1:30.80	244	20/11/15	ISA London West Regional Championships 2015	Aldershot	SE151737	3
200 Individual Medley	3:10.67	3:08.60	289	20/11/15	ISA London West Regional Championships 2015	Aldershot	SE151737	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.47	34.10	321	04/06/16	City of Southampton Closed Meet	Southampton	SE161011	4
100 Freestyle	1:12.86	1:14.00	328	05/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150939	3
200 Freestyle	2:39.72	2:41.90	329	26/07/15	City of Southampton Summer Splash Open Meet	Southampton	SE150105	3
400 Freestyle	6:24.69	6:28.30	217	01/11/13	City of Southampton Club Championships	Southampton	SE3364	4
50 Breaststroke	46.11	46.80	232	04/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150939	3
100 Breaststroke	1:39.16	1:40.40	248	05/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150939	3
200 Breaststroke	3:37.88	3:40.30	235	12/07/14	Hampshire County Development Meet	Waterlooville	SE4415	3
50 Butterfly	38.19	38.70	260	04/06/16	City of Southampton Closed Meet	Southampton	SE161011	4
100 Butterfly	1:27.52	1:28.40	235	04/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150939	3
200 Butterfly	3:09.09	3:10.80	253	03/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
50 Backstroke	38.83	39.30	274	04/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	SE150634	2
100 Backstroke	1:24.96	1:25.90	269	01/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
200 Backstroke	3:00.51	3:02.40	286	01/11/15	City of Southampton SC Club Championships	Southampton	SE151026	4
200 Individual Medley	3:00.95	3:03.10	305	05/02/15	City of Southampton 200m Closed Meet	Southampton	SE150004	4
400 Individual Medley	6:29.28	6:33.80	294	29/10/14	City of Southampton Club Championships	Southampton	SE4383	4
100 Individual Medley	1:24.45	1:24.50	299	04/06/16	City of Southampton Closed Meet	Southampton	SE161011	4