

# Individual Best Times (All Time)

Rhiannon Jeffreys - (894737) - City Of Milton Keynes

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.47	27.70	570	29/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Freestyle	1:01.35	1:00.00	598	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
200 Freestyle	2:11.45	2:08.80	632	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
400 Freestyle	4:35.55	4:30.40	623	05/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	SE191364	1
800 Freestyle	9:32.06	9:21.90	608	06/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	SE191364	1
1500 Freestyle	18:38.07	18:19.50	558	21/04/19	Beckenham Easter International Open 2019	London	LR190200	1
50 Butterfly	37.53	37.00	275	20/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
50 Backstroke	34.41	33.80	475	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
100 Backstroke	1:16.46	1:15.40	421	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
200 Backstroke	2:44.25	2:42.20	421	28/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
200 Individual Medley	2:58.41	2:56.20	353	20/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.54	28.30	577	16/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
100 Freestyle	59.18	1:00.60	612	10/02/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190116	2
200 Freestyle	2:08.28	2:11.00	635	01/12/18	Ealing Christmas County Qualifier	Northolt LC	LR181021	3
400 Freestyle	4:29.05	4:34.20	635	20/01/19	Oxfordshire & North Bucks County Championships	Aylesbury	SE190115	2
800 Freestyle	9:18.14	9:28.40	625	12/01/19	Oxfordshire & North Bucks County Championships	Leys Pools & LC	SE190114	2
1500 Freestyle	18:07.83	18:26.60	581	05/01/19	Oxfordshire & North Bucks County Championships	Leys Pools & LC	SE190113	2
50 Breaststroke	37.53	38.40	431	08/10/17	Leicester Penguins 2017 Open Meet	Braunstone	EM170934	3
100 Breaststroke	1:28.17	1:29.60	353	24/10/15	Newport Pagnell SC Club Championships	Bletchley	SE151507	4
200 Breaststroke	3:07.57	3:10.40	369	06/12/15	Maxwell December 2015 L3 Meet	Aylesbury	SE152061	3
50 Butterfly	33.30	33.90	392	02/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
100 Butterfly	1:15.05	1:16.10	373	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	ER160864	3
200 Butterfly	2:57.48	2:59.30	306	05/12/15	Maxwell December 2015 L3 Meet	Aylesbury	SE152061	3
50 Backstroke	33.06	33.70	445	04/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
100 Backstroke	1:12.12	1:13.20	440	11/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180020	2
200 Backstroke	2:30.16	2:32.40	496	04/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
200 Individual Medley	2:39.32	2:41.80	447	04/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170305	2
400 Individual Medley	5:38.23	5:43.40	448	17/01/16	Oxfordshire & North Bucks County Champs	Aylesbury	SE160075	2
100 Individual Medley	1:15.60	1:15.60	417	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3