

# Individual Best Times (All Time)

## Isobel Bettley - (895302) - West Suffolk Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.66	33.00	345	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Freestyle	1:16.45	1:15.30	309	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
200 Freestyle	2:48.67	2:46.60	299	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
50 Breaststroke	41.66	40.90	342	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Breaststroke	1:32.59	1:31.20	332	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Breaststroke	3:29.77	3:27.20	281	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
50 Butterfly	35.02	34.50	339	23/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
100 Butterfly	1:20.58	1:19.60	326	25/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
200 Butterfly	3:06.44	3:04.70	278	24/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
50 Backstroke	38.83	38.30	330	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Backstroke	1:21.69	1:20.70	345	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Backstroke	2:55.36	2:53.40	346	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
200 Individual Medley	2:58.05	2:55.80	355	07/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1
400 Individual Medley	6:27.77	6:23.20	322	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.53	33.20	350	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Freestyle	1:11.95	1:13.10	340	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
200 Freestyle	2:34.92	2:37.10	361	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
400 Freestyle	5:31.87	5:36.10	338	30/11/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
800 Freestyle	11:44.93	11:53.10	310	16/11/14	West Suffolk Club Championships	Haverhill	ER4823	4
50 Breaststroke	39.98	40.80	357	26/09/15	Halstead Club Championships	Halstead	ER151537	4
100 Breaststroke	1:29.43	1:30.80	339	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
200 Breaststroke	3:11.59	3:14.30	346	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
50 Butterfly	34.80	35.30	343	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
100 Butterfly	1:19.68	1:20.60	312	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
200 Butterfly	2:55.65	2:57.40	315	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
50 Backstroke	36.40	36.90	333	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Backstroke	1:18.81	1:19.80	337	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
200 Backstroke	2:46.38	2:48.40	365	26/09/15	Halstead Club Championships	Halstead	ER151537	4
200 Individual Medley	2:49.73	2:52.00	370	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
400 Individual Medley	5:59.45	6:04.30	373	30/11/15	West Suffolk Club Championships 2015	Bury St Edmunds	ER152167	4
100 Individual Medley	1:18.18	1:18.20	377	02/10/15	Halstead Club Championships	Halstead	ER151538	4