

# Individual Best Times (All Time)

Sarah Irwin - (904469) - Epsom District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.83	35.20	286	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Freestyle	1:46.30	1:45.50	115	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	SE1358	3
200 Freestyle	2:56.82	2:54.80	259	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
400 Freestyle	6:30.36	6:26.70	219	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3
50 Breaststroke	45.85	45.20	257	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
100 Breaststroke	1:54.82	1:53.70	174	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	SE2073	3
200 Breaststroke	3:48.89	3:46.60	217	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3
50 Butterfly	49.06	48.70	123	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3
100 Butterfly	1:47.82	1:47.10	136	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
50 Backstroke	45.55	45.10	205	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	SE2073	3
100 Backstroke	1:36.26	1:35.40	211	20/10/13	Wycombe October BC LC Open Meet	Wycombe	SE3399	3
200 Backstroke	3:32.57	3:31.00	194	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3
200 Individual Medley	3:31.51	3:29.60	212	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.38	34.00	324	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
100 Freestyle	1:14.63	1:15.70	305	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
200 Freestyle	2:40.48	2:42.60	324	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
400 Freestyle	5:38.72	5:42.80	318	21/12/14	Leatherhead Club Championships	Leatherhead	SE14695	3
800 Freestyle	11:39.38	11:47.60	318	17/12/14	Leatherhead Club Championships	Leatherhead	SE14695	3
50 Breaststroke	42.64	43.40	294	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
100 Breaststroke	1:36.32	1:37.60	271	09/11/14	Dorking Open Meet	Dorking	SE14425	3
200 Breaststroke	3:26.75	3:29.30	275	19/01/14	Epsom Winter Open Meet 2014	Epsom	SE4072	3
50 Butterfly	41.84	42.30	197	21/12/14	Leatherhead Club Championships	Leatherhead	SE14695	3
100 Butterfly	1:42.78	1:43.50	145	10/11/13	Dorking Open Meet	Dorking	SE3887	3
50 Backstroke	40.18	40.70	248	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
100 Backstroke	1:27.17	1:28.10	249	09/11/14	Dorking Open Meet	Dorking	SE14425	3
200 Backstroke	3:22.41	3:24.10	202	15/12/13	Leatherhead Christmas Club Championships	Ashtead	SE3370	4
200 Individual Medley	3:04.77	3:06.90	286	03/05/14	Atlantis SC Horsham 2014 Spring Open Meet	Horsham	SE4038	3
100 Individual Medley	1:26.36	1:26.40	280	17/01/15	Epsom District Short Course Winter Open Meet	Epsom	SE150250	3