

# Individual Best Times (All Time)

Helena Hordern - (908098) - Stafford Apex SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.81	30.10	450	26/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
100 Freestyle	1:05.07	1:03.80	501	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
200 Freestyle	2:16.66	2:14.10	563	07/04/18	City of Liverpool Spring Open Meet	Liverpool	NW180280	1
400 Freestyle	4:51.04	4:46.20	528	07/04/18	City of Liverpool Spring Open Meet	Liverpool	NW180280	1
800 Freestyle	9:58.62	9:48.90	531	07/04/18	City of Liverpool Spring Open Meet	Liverpool	NW180280	1
50 Butterfly	33.18	32.60	399	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Backstroke	36.30	35.70	405	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
100 Backstroke	1:20.28	1:19.30	364	26/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
200 Backstroke	2:48.68	2:46.70	389	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
200 Individual Medley	2:45.68	2:43.30	441	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.30	30.00	479	26/11/17	Northgate P B Buster	Wolverhampton	WM171828	3
100 Freestyle	1:03.35	1:04.70	499	26/02/17	Staffordshire ASA Championships	Stafford	WM170127	2
200 Freestyle	2:13.55	2:16.10	563	17/11/18	Stafford Apex Winter Open Meet	Stafford	WM181893	3
400 Freestyle	4:38.91	4:43.90	570	18/11/18	Stafford Apex Winter Open Meet	Stafford	WM181893	3
800 Freestyle	9:40.71	9:50.60	555	17/02/18	Staffordshire ASA Championships	Stafford	WM180147	2
50 Breaststroke	41.99	42.70	308	26/11/16	Northgate P B Buster	Wolverhampton	WM160654	3
100 Breaststroke	1:51.84	1:53.00	173	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	WM3222	3
200 Breaststroke	3:57.52	3:59.70	181	14/07/13	Wolverhampton Open Meet	Wolverhampton	WM3055	3
50 Butterfly	32.20	32.80	434	16/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke on Trent	WM170587	3
100 Butterfly	1:11.41	1:12.50	433	16/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke on Trent	WM170587	3
200 Butterfly	2:40.66	2:42.60	412	26/02/17	Staffordshire ASA Championships	Stafford	WM170127	2
50 Backstroke	34.40	35.00	395	12/02/17	Staffordshire ASA Championships	Stafford	WM170126	2
100 Backstroke	1:15.21	1:16.30	388	04/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	WM162051	3
200 Backstroke	2:40.24	2:42.30	408	03/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	WM162051	3
200 Individual Medley	2:36.71	2:39.20	470	11/02/17	Staffordshire ASA Championships	Stafford	WM170126	2
400 Individual Medley	5:32.53	5:37.80	472	26/02/17	Staffordshire ASA Championships	Stafford	WM170127	2
100 Individual Medley	1:15.37	1:15.40	421	25/02/17	Staffordshire ASA Championships	Stafford	WM170127	2