

# Individual Best Times (All Time)

## Bethany Heron - (913301) - Scottish Non-Residential

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.57	30.90	418	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
100 Freestyle	1:04.80	1:03.50	508	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
200 Freestyle	2:25.76	2:23.40	464	15/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
400 Freestyle	5:07.13	5:02.50	450	02/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
1500 Freestyle	20:22.70	20:05.70	426	10/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
50 Breaststroke	42.11	41.40	332	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Breaststroke	1:27.62	1:26.20	392	16/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200405	1
200 Breaststroke	3:03.69	3:00.80	419	01/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
50 Butterfly	44.03	43.60	170	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Butterfly	1:30.11	1:29.30	233	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
50 Backstroke	46.06	45.60	198	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Backstroke	1:22.42	1:21.40	336	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Backstroke	3:14.82	3:13.10	252	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
200 Individual Medley	2:38.02	2:35.50	508	24/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
400 Individual Medley	5:37.92	5:32.70	487	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.45	30.20	472	06/08/21	Tynemouth ASC	Tynemouth Pool	LEX3716	0
100 Freestyle	1:04.38	1:05.70	475	12/06/21	Tynemouth	Tynemouth Pool	LEX1825	0
200 Freestyle	2:17.71	2:20.20	513	16/10/21	BOSSS Winter Swim Festival 2021	Billingham	NE210842	2
400 Freestyle	4:53.23	4:58.00	490	02/07/21	Tynemouth	Tynemouth	LEX2893	0
800 Freestyle	10:01.47	10:11.00	500	06/08/21	Tynemouth ASC	Tynemouth Pool	LEX3716	0
1500 Freestyle	19:40.78	19:58.10	455	06/10/19	Tynemouth ASC Club Championships	Tynemouth	NE191529	4
50 Breaststroke	37.76	38.60	424	02/07/21	Tynemouth	Tynemouth	LEX2893	0
100 Breaststroke	1:21.94	1:23.50	440	12/06/21	Tynemouth	Tynemouth Pool	LEX1825	0
200 Breaststroke	2:56.55	2:59.50	442	18/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
50 Butterfly	35.10	35.60	335	13/10/19	BOSSS Winter Swim Festival 2019	Billingham	NE191908	2
100 Butterfly	1:13.81	1:14.80	392	19/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
200 Butterfly	3:13.48	3:15.10	236	29/09/18	South Tyneside Autumn Meet 2018	South Shields	NE182121	3
50 Backstroke	35.73	36.30	352	23/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
100 Backstroke	1:16.81	1:17.90	364	02/07/21	Tynemouth	Tynemouth	LEX2894	0
200 Backstroke	2:58.16	3:00.00	297	13/10/18	BOSSS Winter Swim Festival 2018	Billingham	NE181462	2
200 Individual Medley	2:33.77	2:36.30	497	12/06/21	Tynemouth	Tynemouth Pool	LEX1825	0
400 Individual Medley	5:23.57	5:29.00	512	12/06/21	Tynemouth	Tynemouth Pool	LEX1825	0
100 Individual Medley	1:16.31	1:16.30	406	12/10/19	BOSSS Winter Swim Festival 2019	Billingham	NE191908	2