

Individual Best Times (All Time)

Thea O'keefe - (913413) - Swim Bournemouth

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.27	27.50	582	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
100 Freestyle	59.41	58.00	659	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Freestyle	2:05.58	2:02.80	725	07/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
400 Freestyle	4:25.70	4:20.40	695	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
800 Freestyle	9:14.72	9:04.20	667	25/07/18	British Summer Championships	Sheffield	BSW006	1
1500 Freestyle	17:46.51	17:27.00	642	27/07/18	British Summer Championships	Sheffield	BSW006	1
50 Breaststroke	41.84	41.10	338	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1
50 Butterfly	31.65	31.00	459	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
100 Butterfly	1:09.62	1:08.50	506	30/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Backstroke	34.32	33.70	479	30/04/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Backstroke	1:11.70	1:10.60	511	29/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	SW160104	1
200 Backstroke	2:32.75	2:30.60	523	24/04/16	Millfield & Taunton Super Series	Millfield	SW160152	1
200 Individual Medley	2:35.69	2:33.10	531	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
400 Individual Medley	5:21.46	5:15.90	565	18/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.27	28.00	594	16/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
100 Freestyle	57.67	59.10	661	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
200 Freestyle	2:02.52	2:05.30	729	16/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
400 Freestyle	4:18.43	4:23.80	716	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
800 Freestyle	8:53.45	9:04.20	716	02/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
1500 Freestyle	17:26.90	17:46.40	652	19/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
50 Breaststroke	37.88	38.70	420	25/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
100 Breaststroke	1:20.51	1:22.10	464	25/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
200 Breaststroke	2:56.90	2:59.90	440	19/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170160	2
50 Butterfly	30.17	30.80	527	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
100 Butterfly	1:06.83	1:08.00	529	17/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
200 Butterfly	2:28.90	2:31.00	518	20/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
50 Backstroke	32.10	32.70	486	21/10/18	Millfield School & Street SC TYR	Millfield School	SW181181	2
100 Backstroke	1:07.90	1:09.10	528	29/10/17	Poole Season Starter 2017	Dorchester	SW170321	3
200 Backstroke	2:24.18	2:26.50	561	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
200 Individual Medley	2:27.43	2:30.10	564	16/06/18	Poole Club Championships 2018	Poole	SW180904	4
400 Individual Medley	5:06.99	5:12.70	600	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
100 Individual Medley	1:09.05	1:09.10	548	29/10/17	Poole Season Starter 2017	Dorchester	SW170321	3