

# Individual Best Times (All Time)

Hebe Stewart-Liddon - (919174) - Brompton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	545	23/06/19	2019 Long Course Summer Open	London	LR191494	1
100 Freestyle	1:02.95	1:01.60	554	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:19.18	2:16.70	533	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Freestyle	4:49.49	4:44.60	537	30/07/19	Swim Wales Summer Nationals	Swansea	WL190050	1
800 Freestyle	10:42.73	10:33.70	429	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
50 Breaststroke	36.37	35.50	515	01/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
100 Breaststroke	1:20.29	1:18.70	509	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Breaststroke	2:59.85	2:56.90	447	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Butterfly	33.39	32.80	391	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Butterfly	1:24.42	1:23.50	283	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Butterfly	3:38.72	3:37.30	172	06/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
50 Backstroke	34.92	34.30	455	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:14.84	1:13.80	449	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Backstroke	2:38.03	2:35.90	473	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
200 Individual Medley	2:42.17	2:39.70	470	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
400 Individual Medley	6:06.86	6:02.00	380	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.29	30.00	479	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Freestyle	1:02.46	1:03.80	520	06/01/19	The Royals New Year Meet 2019	Walton-on-Thames	LR190174	3
200 Freestyle	2:14.25	2:16.80	554	30/06/19	Sutton & Cheam Summertime Splash 2019	Carshalton	LR191792	3
400 Freestyle	4:47.56	4:52.40	520	05/01/19	The Royals New Year Meet 2019	Walton-on-Thames	LR190174	3
800 Freestyle	10:31.05	10:40.20	433	31/10/15	Wandsworth Club Championships 2015	Epsom	LR151829	4
50 Breaststroke	37.31	38.10	439	06/11/21	SE London Winter Championships 2021	London	LR211006	2
100 Breaststroke	1:19.39	1:21.00	484	14/12/19	NASL London Round 3	Becontree	ER192871	3
200 Breaststroke	2:58.84	3:01.80	426	13/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
50 Butterfly	32.71	33.30	414	29/06/19	Sutton & Cheam Summertime Splash 2019	Carshalton	LR191792	3
100 Butterfly	1:16.75	1:17.70	349	14/11/21	Brompton SC Winter Club Championship Meet	London SW6	LR211497	4
200 Butterfly	2:50.41	2:52.30	345	02/07/17	Atlantis Summer Splash	Horsham	SE170671	3
50 Backstroke	33.74	34.30	419	30/06/19	Sutton & Cheam Summertime Splash 2019	Carshalton	LR191792	3
100 Backstroke	1:12.53	1:13.60	433	13/04/19	Black Swan Regional Qualifier Meet 2019	Elmbridge Xcel	SE191276	3
200 Backstroke	2:34.16	2:36.30	459	08/04/17	L3 Regional Qualifier	Guildford	SE170381	3
200 Individual Medley	2:35.45	2:38.00	481	29/06/19	Sutton & Cheam Summertime Splash 2019	Carshalton	LR191792	3
400 Individual Medley	5:46.86	5:51.90	416	21/05/16	Atlantis Horsham Spring Open Meet	Horsham	SE160865	3
100 Individual Medley	1:19.08	1:19.10	364	16/07/17	Sutton & Cheam Summertime Splash 2017	Carshalton	LR170533	3