

# Individual Best Times (All Time)

Sarah Westwood - (9241) - Chalfont Otters SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.74	27.00	616	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Freestyle	1:00.37	59.00	628	18/04/04	35th Nat Speedo League Final	Sheffield	L1E086	1
200 Freestyle	2:20.93	2:18.40	513	24/03/02	Lancashire County Championship	Wigan	CTY182	1
50 Breaststroke	36.56	35.70	507	15/03/03	Lancashire County Champs	Wigan	CTY225	1
100 Breaststroke	1:18.21	1:16.60	551	09/04/05	Lancashire County Championship	Manchester	CCN579	1
200 Breaststroke	2:50.44	2:47.30	525	13/03/05	Lancashire County Championship	Manchester	CCN555	1
50 Butterfly	28.84	28.20	607	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Butterfly	1:05.71	1:04.50	601	30/05/04	Sheffield No Frills Meet	Sheffield	L1E116	1
200 Butterfly	2:40.09	2:38.10	440	09/03/02	Lancashire County Championship	Wigan	CTY182	1
50 Backstroke	30.45	29.80	686	01/04/10	British Gas Championships	Sheffield	ASA099	1
100 Backstroke	1:06.15	1:04.90	650	23/03/03	Lancashire County Champs	Wigan	CTY225	1
200 Backstroke	2:33.87	2:31.70	512	24/11/02	Northern Counties LC Champs	Wigan	NOR019	1
200 Individual Medley	2:31.04	2:28.40	582	05/08/04	ASA National Youth Champs 2004	Sheffield	ASA044	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.35	27.10	658	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Freestyle	59.67	1:01.10	597	07/02/04	Liverpool & District Age Group	Everton Park Pool	L2N050	2
200 Freestyle	2:09.65	2:12.30	615	25/01/04	City of Liverpool Winter Meet	Everton	L2N064	2
400 Freestyle	5:04.24	5:08.80	439	17/02/01	Liverpool & District Age Group	Everton Park Pool	DMN037	2
50 Breaststroke	35.40	36.30	514	08/02/04	Liverpool & District Age Group	Everton Park Pool	L2N050	2
100 Breaststroke	1:14.68	1:16.30	582	17/10/04	ASA Inter-Counties Division 1	Sheffield	ASA046	2
200 Breaststroke	2:43.26	2:46.50	560	30/01/05	C of Liverpool Winter Mt 2005	Everton Park	L2N225	2
50 Butterfly	27.83	28.50	672	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Butterfly	1:04.06	1:05.20	600	14/03/04	Lancashire County Championship	Wigan	CCN021	2
200 Butterfly	2:24.90	2:27.10	562	30/01/05	C of Liverpool Winter Mt 2005	Everton Park	L2N225	2
50 Backstroke	29.42	30.10	632	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Backstroke	1:02.83	1:04.10	666	15/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
200 Backstroke	2:20.94	2:23.30	601	26/08/04	2004 British Championships 25m	Manchester	ASA045	2
200 Individual Medley	2:23.61	2:26.30	610	24/01/04	City of Liverpool Winter Meet	Everton	L2N064	2
400 Individual Medley	5:48.93	5:53.90	408	24/02/01	Liverpool & District Age Group	Everton Park Pool	DMN037	2
100 Individual Medley	1:05.02	1:05.00	656	26/08/04	2004 British Championships 25m	Manchester	ASA045	2