

# Individual Best Times (All Time)

Rebecca Gooch - (925140) - Backwell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.71	25.90	690	25/07/22	British Summer Championships	Sheffield	BSW022	1
100 Freestyle	58.01	56.60	708	26/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	NE220037	1
200 Freestyle	2:13.77	2:11.20	600	15/02/20	Swansea Aquatics 2020 Spring LC Open Meet	Swansea	WL200016	1
800 Freestyle	10:28.36	10:19.10	459	22/01/17	Somerset County Championships 2017	Millfield	SW170128	1
50 Breaststroke	43.33	42.60	304	14/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3
50 Butterfly	29.37	28.70	575	19/03/22	Derventio eXcel March Open Meet	Sheffield	EM220103	1
100 Butterfly	1:06.69	1:05.50	575	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
50 Backstroke	31.81	31.20	602	25/01/20	Somerset County Championships	Millfield	SW200231	1
100 Backstroke	1:07.92	1:06.70	601	07/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
200 Backstroke	2:29.75	2:27.50	556	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
200 Individual Medley	2:34.83	2:32.30	540	15/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
400 Individual Medley	5:28.60	5:23.20	529	15/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.18	27.00	671	18/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol	SW222026	3
100 Freestyle	57.26	58.70	675	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Freestyle	2:09.49	2:12.10	618	26/10/19	City of Bristol SC L3 Early Bird Meet	Hengrove LC	SW191996	3
400 Freestyle	4:39.17	4:44.20	568	26/10/19	City of Bristol SC L3 Early Bird Meet	Hengrove LC	SW191996	3
800 Freestyle	10:23.27	10:32.50	449	09/10/16	Keynsham Long Distance County Qualifier	Bristol	SW161182	4
50 Breaststroke	41.08	41.80	329	02/07/17	ASA SWR Fast 5 Competition	Gloucester	SW170198	3
100 Breaststroke	1:30.76	1:32.10	324	05/11/17	Backwell Club Championships 2017 Sprint Meet	Backwell	SW171608	4
200 Breaststroke	3:01.54	3:04.40	407	25/10/19	Backwell Club Championships 2019	Backwell	SW191912	4
50 Butterfly	28.53	29.20	624	17/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol	SW222026	3
100 Butterfly	1:05.16	1:06.30	570	18/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol	SW222026	3
50 Backstroke	30.19	30.80	585	03/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
100 Backstroke	1:05.58	1:06.80	586	29/10/17	City of Bristol L3 Short Course Early Bird Meet	Bristol	SW171926	3
200 Backstroke	2:23.51	2:25.80	569	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Individual Medley	2:34.11	2:36.60	494	08/10/17	Gloucester Autumn Meet	Gloucester	SW171769	3
100 Individual Medley	1:12.05	1:12.10	482	02/07/17	ASA SWR Fast 5 Competition	Gloucester	SW170198	3