

Individual Best Times (All Time)

William Trowbridge - (932979) - Wareham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.08	33.50	230	10/04/16	City of Wells Open Meet	Millfield	SW160578	3
50 Butterfly	42.82	42.40	140	09/04/16	City of Wells Open Meet	Millfield	SW160578	3
50 Backstroke	41.27	40.80	185	09/04/16	City of Wells Open Meet	Millfield	SW160578	3
100 Backstroke	1:29.20	1:28.30	193	09/04/16	City of Wells Open Meet	Millfield	SW160578	3
200 Backstroke	3:10.61	3:08.80	202	10/04/16	City of Wells Open Meet	Millfield	SW160578	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.41	34.00	219	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
100 Freestyle	1:15.57	1:16.70	208	28/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
200 Freestyle	2:59.09	3:01.00	170	06/07/14	2014 Dorset Development Competition	Littledown	SW4094	3
400 Freestyle	5:35.56	5:39.70	253	21/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150142	2
50 Breaststroke	50.34	51.00	121	06/12/15	West Dorset Christmas Open Meet 2015	Dorchester	SW152028	3
50 Butterfly	40.10	40.60	159	28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
100 Butterfly	1:41.61	1:42.40	103	06/12/15	West Dorset Christmas Open Meet 2015	Dorchester	SW152028	3
50 Backstroke	39.84	40.30	170	29/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
100 Backstroke	1:26.22	1:27.10	176	06/12/15	West Dorset Christmas Open Meet 2015	Dorchester	SW152028	3
200 Backstroke	3:01.16	3:03.00	198	28/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	SW150150	2
200 Individual Medley	3:25.05	3:27.00	152	04/10/14	Poole Club Championships	Poole	SW14327	4
100 Individual Medley	1:29.52	1:29.50	166	06/12/15	West Dorset Christmas Open Meet 2015	Dorchester	SW152028	3