

Individual Best Times (All Time)

Helena Ward - (937737) - Andover Swimming & WP Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.40	31.70	386	06/04/19	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE190316	3
100 Freestyle	1:12.51	1:11.30	362	19/05/19	Portsmouth Northsea May Long Course Sprint Meet	Portsmouth	SE191329	3
200 Freestyle	2:36.99	2:34.80	371	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
50 Breaststroke	39.67	38.90	397	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
100 Breaststroke	1:26.80	1:25.30	403	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
200 Breaststroke	3:05.96	3:03.10	404	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
50 Backstroke	43.51	43.00	235	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	SE170212	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.49	33.10	351	16/11/19	Andover Club Championships	Andover	SE193122	4
100 Freestyle	1:08.33	1:09.50	397	02/06/19	West Dorset June Meet 2019	Dorchester	SW191308	3
200 Freestyle	2:35.01	2:37.20	360	07/10/18	Rushmoor Royals L3 Autumn Sprint Meet 2018	Aldershot	SE181935	3
400 Freestyle	5:20.85	5:25.20	374	16/12/18	Hart Last Chance Qualifier	Hart LC	SE182735	3
50 Breaststroke	39.21	40.00	378	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Breaststroke	1:24.93	1:26.40	395	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Breaststroke	3:01.95	3:04.80	404	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
50 Butterfly	36.45	37.00	299	07/10/18	Rushmoor Royals L3 Autumn Sprint Meet 2018	Aldershot	SE181935	3
100 Butterfly	1:27.35	1:28.20	236	24/11/18	Andover 2018 Club Championships	Basingstoke	SE182565	4
50 Backstroke	41.14	41.60	231	16/11/19	Andover Club Championships	Andover	SE193122	4
100 Individual Medley	1:21.26	1:21.30	336	21/07/18	Fareham Nomads Summer Meet 2018	Waterlooville	SE180127	3