

Individual Best Times (All Time)

Iona Morley - (945646) - Winchester City Penguins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.79	28.10	551	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Freestyle	1:00.60	59.20	621	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Freestyle	2:09.72	2:07.00	658	24/07/21	Derwentio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
400 Freestyle	4:31.70	4:26.50	650	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
800 Freestyle	9:21.35	9:11.00	644	11/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
50 Butterfly	30.16	29.50	531	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Butterfly	1:04.57	1:03.40	634	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Butterfly	2:19.01	2:16.70	672	24/07/21	Derwentio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
50 Backstroke	40.91	40.40	283	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
100 Backstroke	1:18.58	1:17.50	388	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Backstroke	2:59.79	2:57.90	321	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
200 Individual Medley	2:33.72	2:31.10	552	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
400 Individual Medley	5:27.18	5:21.80	536	28/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.44	29.20	524	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Freestyle	59.40	1:00.80	605	14/12/19	NASL South Round 3	Bournemouth	SE193319	3
200 Freestyle	2:09.71	2:12.40	615	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
400 Freestyle	4:24.75	4:30.00	666	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
800 Freestyle	9:18.08	9:28.30	626	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
50 Breaststroke	40.18	41.00	352	18/12/16	Basingstoke Bluefins Last Chance County Qualifier	Basingstoke	SE162569	3
100 Breaststroke	1:28.94	1:30.30	344	21/10/17	Winchester City Penguins Club Championships	St Swithuns	SE172095	4
200 Breaststroke	3:47.10	3:49.40	208	06/07/14	Hampshire County Development Meet	Waterlooville	SE4414	3
50 Butterfly	30.38	31.00	516	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Butterfly	1:06.01	1:07.10	548	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
200 Butterfly	2:19.48	2:21.70	630	17/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
50 Backstroke	34.36	34.90	396	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Backstroke	1:12.00	1:13.10	443	28/09/19	WCPSC SPRINT CLUB CHAMPIONSHIPS	ST SWITHUNS	SE192623	4
200 Backstroke	2:35.11	2:37.20	450	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
200 Individual Medley	2:33.00	2:35.60	505	21/10/17	Winchester City Penguins Club Championships	St Swithuns	SE172095	4
400 Individual Medley	5:25.15	5:30.50	505	22/10/17	Winchester City Penguins Club Championships	St Swithuns	SE172096	4
100 Individual Medley	1:12.25	1:12.30	478	28/09/19	WCPSC SPRINT CLUB CHAMPIONSHIPS	ST SWITHUNS	SE192623	4