

Individual Best Times (All Time)

Rebecca Dawson - (949553) - Borough of Harrow S C

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.32	31.70	389	26/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	1:13.49	1:12.30	348	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Freestyle	2:42.07	2:39.90	337	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Breaststroke	45.69	45.00	259	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Butterfly	33.98	33.40	371	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
100 Butterfly	1:20.71	1:19.80	324	25/03/17	MCASA Open Meet	London	LR170009	1
200 Butterfly	4:02.94	4:01.60	126	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
50 Backstroke	40.34	39.80	295	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
100 Backstroke	1:27.87	1:26.90	277	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
200 Backstroke	3:15.61	3:13.90	249	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Individual Medley	3:05.61	3:03.50	313	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.73	32.40	377	16/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
100 Freestyle	1:11.18	1:12.30	351	16/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
200 Freestyle	2:39.14	2:41.30	333	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
400 Freestyle	5:42.35	5:46.40	308	14/06/15	Borough of Harrow Club Championships	Northwood	LR151032	4
800 Freestyle	12:04.25	12:12.20	286	01/12/15	Borough of Harrow Last Chance Counties Meet	Middlesex	LR152207	4
50 Breaststroke	44.89	45.60	252	17/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
100 Breaststroke	1:37.61	1:38.90	260	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
200 Breaststroke	3:48.86	3:51.20	203	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
50 Butterfly	33.92	34.50	371	16/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
100 Butterfly	1:19.94	1:20.90	309	12/11/16	NASL London	Borehamwood	ER162321	3
200 Butterfly	3:25.27	3:26.80	197	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
50 Backstroke	38.42	38.90	283	19/11/15	Borough of Harrow SC Last Chance Counties Meet	Northwood	LR152209	4
100 Backstroke	1:26.01	1:26.90	259	04/03/17	BHSC Regional Qualifier Meet 2017	Barnet	LR170540	3
200 Backstroke	3:12.29	3:14.00	236	02/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
200 Individual Medley	2:53.38	2:55.60	347	16/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
400 Individual Medley	6:17.89	6:22.50	321	15/06/15	Borough of Harrow Club Championships	Northwood	LR151033	4
100 Individual Medley	1:21.26	1:21.30	336	01/12/18	BHSC Christmas Cracker	Hendon	LR180252	3