

Individual Best Times (All Time)

Caitlin Cambrook - (951144) - Swansea University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.25	26.50	650	18/12/21	Swim Wales Winters 2021	Swansea	WAL618	1
100 Freestyle	59.67	58.30	650	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
200 Freestyle	2:11.74	2:09.10	628	21/07/18	City of Sheffield Summer Meet 2018	Sheffield	NE180166	3
400 Freestyle	4:48.61	4:43.70	542	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
800 Freestyle	10:02.50	9:52.80	520	23/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Breaststroke	43.01	42.30	311	22/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3
100 Breaststroke	1:49.75	1:48.60	199	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
50 Butterfly	28.78	28.10	611	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
100 Butterfly	1:04.83	1:03.60	626	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
200 Butterfly	2:45.39	2:43.50	399	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
50 Backstroke	30.28	29.60	697	19/12/21	Swim Wales Winters 2021	Swansea	WAL618	1
100 Backstroke	1:08.71	1:07.50	580	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Backstroke	2:32.39	2:30.20	527	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Individual Medley	2:37.09	2:34.60	517	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
400 Individual Medley	6:01.89	5:57.00	396	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.61	27.40	639	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Freestyle	57.83	59.30	656	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Freestyle	2:11.88	2:14.50	585	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Freestyle	4:46.66	4:51.50	525	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
800 Freestyle	9:43.82	9:53.60	546	14/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Breaststroke	40.20	41.00	351	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
100 Breaststroke	1:27.48	1:28.90	362	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
200 Breaststroke	3:10.36	3:13.10	353	22/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
50 Butterfly	27.98	28.60	661	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
100 Butterfly	1:05.01	1:06.20	574	31/07/21	City of Sunderland	Sunderland	LEX3636	0
200 Butterfly	2:39.23	2:41.20	423	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
50 Backstroke	29.13	29.80	651	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Backstroke	1:04.69	1:05.90	610	01/12/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Backstroke	2:30.28	2:32.50	495	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
200 Individual Medley	2:33.95	2:36.50	495	01/10/22	Swansea Aquatics Club Championships 2022	Swansea	WL221691	3
400 Individual Medley	6:18.60	6:23.20	319	08/11/15	Wear Valley Guy Fawkes Level 3 Meet	Bishop Auckland	NE150260	3
100 Individual Medley	1:08.20	1:08.20	568	02/10/22	Swansea Aquatics Club Championships 2022	Swansea	WL221691	3