

Individual Best Times (All Time)

Isabel Harry - (953523) - Teddington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.91	30.20	445	18/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1
100 Freestyle	1:09.12	1:07.90	418	31/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
200 Freestyle	2:20.04	2:17.50	523	31/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
400 Freestyle	5:02.38	4:57.70	471	25/03/17	MCASA Open Meet	London	LR170009	1
800 Freestyle	10:14.66	10:05.20	490	11/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170370	1
1500 Freestyle	19:05.53	18:47.40	518	02/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Breaststroke	44.05	43.30	290	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
100 Breaststroke	1:33.71	1:32.40	320	26/03/17	MCASA Open Meet	London	LR170009	1
50 Butterfly	34.50	33.90	355	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Backstroke	32.66	32.00	556	31/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Backstroke	1:08.70	1:07.50	581	01/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Backstroke	2:25.56	2:23.30	605	06/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Individual Medley	2:40.13	2:37.60	488	13/05/17	ASA South East Region Championships 2017	Crawley	SE170866	1
400 Individual Medley	5:40.72	5:35.50	475	27/01/19	2019 Middlesex County Championships	London	LR190268	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.86	30.60	452	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
100 Freestyle	1:04.52	1:05.80	472	26/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
200 Freestyle	2:15.96	2:18.50	534	02/04/17	Black Swan Regional Qualifier Meet 2017	Elmbridge Xcel	SE170536	3
400 Freestyle	4:43.93	4:48.80	540	16/06/18	Staines Club Championships 2018	Spelthorne LC	SE181702	4
800 Freestyle	9:50.96	10:00.70	527	15/10/17	Middlesex Winter Development Meet	Enfield	LR172035	3
50 Breaststroke	39.11	39.90	381	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
100 Breaststroke	1:25.40	1:26.90	389	03/12/16	Swim Wales Short Course Championships	Swansea	WL160022	2
200 Breaststroke	3:00.58	3:03.50	413	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
50 Butterfly	35.38	35.90	327	18/09/16	Staines Club Championships 2016	Knowle Green	SE162093	4
100 Butterfly	1:15.69	1:16.70	364	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	SE171986	3
200 Butterfly	2:48.52	2:50.40	357	02/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3
50 Backstroke	32.62	33.20	463	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
100 Backstroke	1:08.77	1:09.90	508	14/10/17	NASLS - Round One	Guildford	SE172099	3
200 Backstroke	2:25.16	2:27.40	550	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3
200 Individual Medley	2:35.67	2:38.20	479	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Individual Medley	5:22.53	5:27.90	517	23/06/18	Staines Club Championships 2018	Spelthorne LC	SE181703	4
100 Individual Medley	1:16.78	1:16.80	398	16/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	SE161499	2