

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.40	32.80	245	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Freestyle	1:17.50	1:16.40	221	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Freestyle	3:03.57	3:01.70	171	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Breaststroke	52.09	51.50	123	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Breaststroke	1:59.44	1:58.40	108	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Butterfly	42.60	42.20	142	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Backstroke	43.47	43.00	159	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Backstroke	1:33.35	1:32.50	168	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Backstroke	3:25.08	3:23.40	162	28/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
200 Individual Medley	3:35.77	3:33.90	147	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.20	33.80	223	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:17.71	1:18.80	192	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
200 Freestyle	3:10.11	3:11.90	142	23/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
50 Breaststroke	50.42	51.00	121	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:52.83	1:53.90	117	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	43.89	44.30	121	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	40.76	41.30	159	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Backstroke	1:29.86	1:30.80	155	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Backstroke	3:36.35	3:37.90	116	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
200 Individual Medley	3:30.76	3:32.60	140	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3