

Individual Best Times (All Time)

Helena Watson - (970858) - Borough of Barnsley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.72	40.20	194	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3
100 Freestyle	1:32.40	1:31.50	175	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
50 Breaststroke	49.57	48.90	203	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3
100 Breaststroke	1:53.09	1:52.00	182	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3
50 Butterfly	45.70	45.30	152	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
50 Backstroke	46.92	46.50	187	21/09/14	City of Sheffield 32nd Annual Teaspoon Gala	Sheffield	NE4318	3
100 Backstroke	1:43.36	1:42.60	170	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.88	39.40	205	04/04/14	Borough of Barnsley Time Trials	Rotherham	NE4165	4
100 Freestyle	1:27.44	1:28.40	189	21/06/14	Scarborough SC A & B Graded Meet	Scarborough	NE4111	3
200 Freestyle	3:29.41	3:31.10	146	21/09/13	Borough of Barnsley Club Championships	Goldthorpe	NE3609	4
50 Breaststroke	49.03	49.70	193	02/05/14	Borough of Barnsley Time Trials	Rotherham	NE4165	4
100 Breaststroke	1:44.77	1:46.00	210	12/09/14	Borough of Barnsley Club Championships	Goldthorpe	NE14129	4
200 Breaststroke	3:59.34	4:01.50	177	21/09/13	Borough of Barnsley Club Championships	Goldthorpe	NE3609	4
50 Butterfly	44.03	44.50	169	07/11/14	Bo of Barnsley Time Trials	Rotherham	NE14507	4
50 Backstroke	45.45	45.90	171	21/06/14	Scarborough SC A & B Graded Meet	Scarborough	NE4111	3
100 Backstroke	1:36.25	1:37.10	185	12/09/14	Borough of Barnsley Club Championships	Goldthorpe	NE14129	4