

# Individual Best Times (All Time)

Jemma Thew - (972181) - Alnwick Dolphin SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.56	33.20	349	03/03/19	Derwentside ASC Developmental Meet	Stanley	NE190121	3
100 Freestyle	1:11.26	1:12.40	350	01/07/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4
200 Freestyle	2:39.13	2:41.30	333	03/03/19	Derwentside ASC Developmental Meet	Stanley	NE190121	3
400 Freestyle	5:26.93	5:31.20	354	25/11/18	Alnwick Dolphins Northumberland Club Invitational	Alnwick	NE182555	3
50 Breaststroke	50.44	51.10	177	20/02/16	Derwentside ASC Development Meet 2016	Stanley	NE160099	3
100 Breaststroke	1:36.74	1:38.00	267	11/03/17	Tynemouth Spring Gala	Tynemouth	NE170400	3
200 Breaststroke	3:18.59	3:21.20	311	06/07/19	Alnwick Dolphins Club Championships	Willowburn LC	NE192282	4
50 Butterfly	35.33	35.90	328	25/11/18	Alnwick Dolphins Northumberland Club Invitational	Alnwick	NE182555	3
100 Butterfly	1:21.38	1:22.30	292	21/09/19	Billingham ASC Autumn Meet 2019	Billingham	NE191138	3
200 Butterfly	3:01.59	3:03.30	285	06/07/19	Alnwick Dolphins Club Championships	Willowburn LC	NE192282	4
50 Backstroke	52.53	52.90	111	10/05/14	Tynemouth ASC Open Sprints & Teams	Tynemouth	NE4312	3
100 Backstroke	1:30.22	1:31.10	225	09/07/16	Alnwick Dolphins 2016 Club Championships	Alnwick	NE161592	4
200 Backstroke	3:17.63	3:19.30	217	17/04/16	Tynedale Invitational Gala 2016	Hexham	NE160288	3
200 Individual Medley	2:59.11	3:01.30	314	02/07/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4