

# Individual Best Times (All Time)

Iris Comerford - (972498) - Brompton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.13	30.50	436	26/03/17	MCASA Open Meet	London	LR170009	1
50 Breaststroke	39.39	38.60	405	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
100 Breaststroke	1:25.50	1:24.00	421	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
200 Breaststroke	3:44.35	3:42.00	230	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
50 Butterfly	33.74	33.20	379	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	EM170105	1
50 Backstroke	33.92	33.30	496	03/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	SE160058	1
100 Backstroke	1:15.30	1:14.20	441	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
200 Backstroke	2:41.96	2:39.90	439	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.46	31.10	426	15/10/16	Gloucester City Autumn Level 2	Gloucester	SW160133	2
100 Freestyle	1:11.01	1:12.20	354	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Freestyle	2:32.70	2:35.00	376	25/06/17	Brompton Summer Club Champs	London	LR171468	4
50 Breaststroke	38.22	39.00	408	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Breaststroke	1:23.30	1:24.80	419	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
200 Breaststroke	3:01.93	3:04.80	404	27/11/16	Brompton Winter Club Championships	London	LR162510	4
50 Butterfly	33.40	34.00	388	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Butterfly	1:24.79	1:25.70	259	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
50 Backstroke	32.70	33.30	460	06/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Backstroke	1:10.99	1:12.10	462	15/10/16	Gloucester City Autumn Level 2	Gloucester	SW160133	2
200 Backstroke	2:33.34	2:35.50	466	27/11/16	Brompton Winter Club Championships	London	LR162510	4
200 Individual Medley	3:05.76	3:07.90	282	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
100 Individual Medley	1:15.39	1:15.40	421	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2