

# Individual Best Times (All Time)

Tia Bennett - (974590) - Dearne Valley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.28	33.70	326	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
100 Freestyle	1:15.74	1:14.60	318	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
200 Freestyle	2:44.11	2:42.00	325	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
400 Freestyle	5:54.49	5:50.50	292	01/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
50 Breaststroke	43.98	43.30	291	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
100 Breaststroke	1:34.77	1:33.40	309	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
200 Breaststroke	3:22.63	3:20.00	312	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
50 Butterfly	38.67	38.20	252	02/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
100 Butterfly	1:30.11	1:29.30	233	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4
200 Butterfly	3:20.53	3:18.90	224	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Backstroke	38.78	38.30	332	02/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
100 Backstroke	1:25.91	1:25.00	297	30/08/14	Workshop Dolphins The 30th Dukeries Open Meet	Sheffield	EM4454	3
200 Backstroke	3:05.42	3:03.60	292	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Individual Medley	3:00.62	2:58.40	340	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
400 Individual Medley	6:27.38	6:22.80	323	01/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.78	34.40	312	27/09/15	Doncaster Dartes SC September Sprints Meet 2015	Beverley	NE151501	3
100 Freestyle	1:12.03	1:13.20	339	29/11/15	Doncaster Dartes SC Sing-Along-With-Santa 2015	Beverley	NE151500	3
200 Freestyle	2:42.88	2:45.00	310	05/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
400 Freestyle	5:45.17	5:49.20	300	19/01/14	Doncaster Dartes Distance Time Trials	Adwick	NE4218	4
50 Breaststroke	42.82	43.60	290	28/09/14	Doncaster Dartes SC September Sprints Meet 2014	Beverley	NE14135	3
100 Breaststroke	1:32.10	1:33.50	310	06/10/15	DMASA Individual Championships 2015 ('The Mets')	Adwick	NE151994	4
200 Breaststroke	3:15.64	3:18.30	325	04/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
50 Butterfly	37.75	38.30	269	27/09/15	Doncaster Dartes SC September Sprints Meet 2015	Beverley	NE151501	3
100 Butterfly	1:29.63	1:30.50	219	06/10/15	DMASA Individual Championships 2015 ('The Mets')	Adwick	NE151994	4
200 Butterfly	3:22.98	3:24.50	204	05/04/14	Kingston Upon Hull A B Meet	Hull	NE4338	3
50 Backstroke	39.23	39.70	266	08/03/15	Doncaster ASA John Harriman Championships	Adwick	NE150785	4
100 Backstroke	1:24.27	1:25.20	276	05/10/15	DMASA Individual Championships 2015 ('The Mets')	Adwick	NE151994	4
200 Backstroke	3:00.97	3:02.80	283	06/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
200 Individual Medley	2:54.40	2:56.70	341	29/11/15	Doncaster Dartes SC Sing-Along-With-Santa 2015	Beverley	NE151500	3
400 Individual Medley	6:18.77	6:23.40	319	19/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley	NE4363	3
100 Individual Medley	1:21.23	1:21.20	336	06/10/15	DMASA Individual Championships 2015 ('The Mets')	Adwick	NE151994	4