

# Individual Best Times (All Time)

Heather Borland - (975105) - Llandudno Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.42	33.80	322	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
100 Freestyle	1:17.25	1:16.20	299	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
50 Breaststroke	47.69	47.00	228	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM152306	4
100 Breaststroke	1:40.62	1:39.40	258	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
200 Individual Medley	3:41.06	3:39.30	185	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.77	34.40	313	01/02/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
100 Freestyle	1:16.79	1:17.90	280	31/01/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
200 Freestyle	2:49.29	2:51.30	276	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
50 Breaststroke	44.67	45.40	256	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
100 Breaststroke	1:37.43	1:38.70	262	07/03/15	Gwynedd AA & B Grade Meet	Llandudno	WL150518	3
200 Breaststroke	3:29.45	3:32.00	265	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
50 Butterfly	42.27	42.70	191	19/10/14	Conwy County Aquatics Autumn Meet	Llandudno	WAL600	2
100 Butterfly	1:39.69	1:40.50	159	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
50 Backstroke	42.10	42.60	215	30/01/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
100 Backstroke	1:26.47	1:27.40	255	06/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
200 Individual Medley	3:10.78	3:12.80	260	01/02/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
100 Individual Medley	1:27.65	1:27.70	267	11/04/15	City of Bangor - Bangor Diddy Meet	Llandudno	WL150660	3