

Individual Best Times (All Time)

Isabel Westlake - (977955) - Richmond Dales ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.20	36.60	255	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
100 Freestyle	1:22.65	1:21.60	244	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
50 Breaststroke	49.36	48.70	206	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
100 Breaststroke	1:48.27	1:47.10	207	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
200 Breaststroke	3:42.05	3:39.70	237	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
50 Butterfly	47.81	47.40	133	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
50 Backstroke	48.90	48.50	165	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
100 Backstroke	1:49.18	1:48.40	144	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.93	36.50	259	11/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
100 Freestyle	1:17.90	1:19.00	268	12/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
200 Freestyle	2:46.33	2:48.40	291	11/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
800 Freestyle	12:10.12	12:18.00	279	10/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
50 Breaststroke	46.15	46.80	232	09/11/19	Wear Valley ASC November Level 3 Meet 2019	Bishop Auckland	NE193113	3
100 Breaststroke	1:39.88	1:41.10	243	11/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
200 Breaststroke	3:50.98	3:53.30	197	16/09/17	Richmond Dales Back to School Gala	Middlesbrough	NE170819	3
50 Butterfly	44.86	45.30	160	11/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
100 Butterfly	1:53.27	1:53.90	108	10/01/19	RICHMOND DALES WINTER CLUB GALA	RICHMOND	NE191152	4
50 Backstroke	44.63	45.10	181	12/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
100 Backstroke	1:37.43	1:38.30	178	06/10/19	Darlington Dander October Meet	Darlington	NE192019	3
200 Individual Medley	3:13.27	3:15.30	250	12/01/20	Richmond Dales ASC Club Champs 2020	Catterick Garrison	NE200400	4
100 Individual Medley	1:31.41	1:31.40	236	06/10/19	Darlington Dander October Meet	Darlington	NE192019	3