

Individual Best Times (All Time)

Rebecca Wordsworth - (983033) - Adwick (Doncaster) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.19	30.50	433	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
100 Freestyle	1:09.41	1:08.20	413	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
200 Freestyle	2:39.40	2:37.20	354	22/01/23	Team Jorvik Spring Festival 2023	Leeds	NE230020	3
400 Freestyle	5:26.12	5:21.80	375	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4
50 Breaststroke	43.92	43.20	292	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4
50 Butterfly	34.58	34.00	352	10/12/22	BOBSC 26th Annual Christmas Sprints	Sheffield	NE221946	3
100 Butterfly	1:20.05	1:19.10	332	10/12/22	BOBSC 26th Annual Christmas Sprints	Sheffield	NE221946	3
50 Backstroke	36.87	36.30	386	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
100 Backstroke	1:18.71	1:17.70	386	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
200 Backstroke	2:48.97	2:47.00	387	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
200 Individual Medley	2:56.81	2:54.60	362	03/09/22	Sheffield & District ASA Championships	Ponds Forge	NE221648	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.87	30.60	452	26/03/23	DMASA John Harriman Championships 2023	Adwick	NE230330	4
100 Freestyle	1:06.72	1:08.00	427	11/11/23	Adwick ASC Home Championships 2023	Adwick	NE230770	4
200 Freestyle	2:27.87	2:30.20	415	09/07/22	Bridlington SC Seaside Special	Bridlington	NE220596	3
400 Freestyle	5:19.91	5:24.30	377	26/11/22	Adwick ASC Distance Time Trials 2022	Adwick	NE222457	4
1500 Freestyle	21:33.18	21:49.10	346	01/12/22	Adwick ASC Distance Time Trials 2022	Adwick	NE222458	4
50 Breaststroke	40.49	41.30	343	26/03/23	DMASA John Harriman Championships 2023	Adwick	NE230330	4
100 Breaststroke	1:31.54	1:32.90	316	12/11/23	Adwick ASC Home Championships 2023	Adwick	NE230770	4
200 Breaststroke	3:24.94	3:27.50	283	27/06/24	Adwick ASC Home Championships	Doncaster	NE240491	4
50 Butterfly	32.69	33.30	414	26/03/23	DMASA John Harriman Championships 2023	Adwick	NE230330	4
100 Butterfly	1:17.72	1:18.70	336	16/10/22	Adwick ASC DMasa Individual Championships 2022	Adwick	NE221399	4
200 Butterfly	3:04.76	3:06.50	271	15/09/22	Adwick ASC Home Championships	Adwick Leisure	NE221238	4
50 Backstroke	34.55	35.10	390	26/03/23	DMASA John Harriman Championships 2023	Adwick	NE230330	4
100 Backstroke	1:15.47	1:16.50	384	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
200 Backstroke	2:42.89	2:44.90	389	10/07/22	Bridlington SC Seaside Special	Bridlington	NE220596	3
200 Individual Medley	2:49.94	2:52.20	368	27/06/24	Adwick ASC Home Championships	Doncaster	NE240491	4
100 Individual Medley	1:16.03	1:16.00	410	11/11/23	Adwick ASC Home Championships 2023	Adwick	NE230770	4