

Individual Best Times (All Time)

Helen Downey - (1267) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	466	20/05/00	Northern Counties Sprints	Stockport	NOR009	1
100 Freestyle	1:03.45	1:02.10	541	02/08/99	ASA National Age Group Champs.	Coventry	ASA003	1
200 Freestyle	2:21.00	2:18.50	512	04/05/97	Northern Counties LC Champs	Wigan Int. Pool	NOR001	1
400 Freestyle	4:50.86	4:46.00	529	03/05/99	Northern Couties Long Course	Wigan International	NOR005	1
50 Butterfly	30.96	30.30	491	20/05/00	Northern Counties Sprints	Stockport	NOR009	1
100 Butterfly	1:07.12	1:06.00	564	25/07/00	Olympic Trials	Sheffield	ASA011	1
200 Butterfly	2:30.54	2:28.40	529	03/05/99	Northern Couties Long Course	Wigan International	NOR005	1
50 Backstroke	33.74	33.10	504	21/04/01	Cheshire Inter-County Team	Stockport	CTY152	1
100 Backstroke	1:11.43	1:10.30	517	22/05/99	City of Sheffield Gala	Sheffield	DME014	1
200 Backstroke	2:33.01	2:30.80	521	02/05/99	Northern Couties Long Course	Wigan International	NOR005	1
200 Individual Medley	2:43.82	2:41.40	456	02/05/98	Northern Counties LC Champs	Wigan Int. Pool	NOR001	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.75	29.50	507	04/03/00	Cumbria County Championships	Various	CTY075	2
100 Freestyle	1:00.53	1:01.90	572	11/03/00	Cumbria County Championships	Various	CTY075	2
200 Freestyle	2:11.78	2:14.40	586	04/03/00	Cumbria County Championships	Various	CTY075	2
400 Freestyle	4:37.55	4:42.60	578	20/03/11	Cumbria County Championships	Whitehaven	CC1020	2
800 Freestyle	9:39.51	9:49.40	559	26/02/00	Cumbria County Championships	Various	CTY075	2
50 Butterfly	30.15	30.80	528	21/03/09	Cumbria County Champs	Kendal	CC9105	2
100 Butterfly	1:04.97	1:06.10	575	14/03/09	Cumbria County Champs	Whitehaven	CC9104	2
200 Butterfly	2:24.59	2:26.80	566	18/03/00	Cumbria County Championships	Various	CTY075	2
50 Backstroke	31.78	32.40	501	25/03/00	Cumbria County Championships	Various	CTY075	2
100 Backstroke	1:08.98	1:10.10	503	27/02/99	Cumbria AG & Championships	Various	CTY028	2
200 Backstroke	2:25.63	2:27.90	544	04/03/00	Cumbria County Championships	Various	CTY075	2
200 Individual Medley	2:33.64	2:36.20	498	27/03/99	Cumbria AG & Championships	Various	CTY028	2
400 Individual Medley	5:16.95	5:22.40	545	13/03/99	Cumbria AG & Championships	Various	CTY028	2