

Individual Best Times (All Time)

Isabella Brockway-Smith - (1294020) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:38.23	1:36.90	278	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Breaststroke	3:33.19	3:30.70	268	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.24	33.90	328	23/05/21	Witham Dolphins	Witham LC	LEX1216	0
100 Freestyle	1:15.28	1:16.40	297	04/12/22	Colchester Last Chance County Qualifier	Braintree	ER221322	3
200 Freestyle	2:44.39	2:46.50	302	08/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
400 Freestyle	5:53.05	5:57.00	281	07/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
800 Freestyle	12:11.47	12:19.40	278	09/06/19	WDSC Summer Champs 2019	Witham LC	ER191549	4
1500 Freestyle	23:58.52	24:12.80	251	16/06/19	WDSC Summer Champs 2019	Witham LC	ER191550	4
50 Breaststroke	43.43	44.20	278	23/05/21	Witham Dolphins	Witham LC	LEX1216	0
100 Breaststroke	1:35.09	1:36.40	282	24/11/19	WDSC Winter Champs 2019	Witham	ER193019	4
200 Breaststroke	3:21.91	3:24.50	296	08/12/19	WDSC Winter Champs 2019	Witham	ER193020	4
50 Butterfly	40.74	41.20	214	26/10/19	BPSC Autumn County Qualifier 2019	Basildon	ER192092	3
100 Butterfly	1:36.18	1:37.00	177	24/11/19	WDSC Winter Champs 2019	Witham	ER193019	4
200 Butterfly	3:37.14	3:38.60	167	10/11/19	WDSC Winter Champs 2019	Witham	ER193018	4
50 Backstroke	44.08	44.50	187	01/11/20	Witham Dolphins Swimming Club	Witham Leisure Centr	LEX212	0
100 Backstroke	1:58.82	1:59.50	98	13/11/16	Witham Dolphins Winter Club Champs	Witham	ER162195	4
200 Individual Medley	3:20.37	3:22.30	224	11/11/18	Witham Dolphins Winter Club Championships	Witham	ER182516	4
400 Individual Medley	6:43.95	6:48.30	263	28/05/19	WDSC Summer Champs 2019	Witham LC	ER191548	4
100 Individual Medley	1:28.21	1:28.20	262	02/06/19	WDSC Summer Invitational Meet 2019	Witham LC	ER191547	4