

# Individual Best Times (All Time)

Vanessa Anjampalage - (1364676) - Northampton Swimming Club

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                      | Venue      | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 30.88   | 30.20           | 446       | 25/01/20 | NASA 2020 County Championships            | Corby      | EM200571 | 1     |
| 100 Freestyle         | 1:07.01 | 1:05.70         | 459       | 25/01/20 | NASA 2020 County Championships            | Corby      | EM200571 | 1     |
| 50 Breaststroke       | 47.05   | 46.40           | 238       | 08/07/17 | Summer Non National Qualifier Graded Meet | Manchester | NW170108 | 3     |
| 50 Backstroke         | 32.93   | 32.30           | 542       | 08/02/20 | NASA 2020 County Championships            | Corby      | EM200572 | 1     |
| 100 Backstroke        | 1:12.00 | 1:10.90         | 504       | 26/01/20 | NASA 2020 County Championships            | Corby      | EM200571 | 1     |
| 200 Backstroke        | 2:50.17 | 2:48.20         | 378       | 13/05/18 | Manchester Open Meet 2018                 | Manchester | NW180648 | 1     |
| 200 Individual Medley | 2:50.22 | 2:47.90         | 406       | 26/01/19 | 2019 NASA County Championships            | Corby      | EM190543 | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                            | Venue             | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|-------------------------------------------------|-------------------|----------|-------|
| 50 Freestyle          | 30.40   | 31.10           | 429       | 28/09/19 | Northampton & City of Leic Early Season Sprint  | Braunstone        | EM192138 | 4     |
| 100 Freestyle         | 1:07.37 | 1:08.60         | 414       | 30/09/18 | Greater Manchester Autumn Meet 2018             | Wigan Life Centre | NW181632 | 3     |
| 200 Freestyle         | 2:29.75 | 2:32.10         | 399       | 01/12/17 | Stretford Club Championships 2017               | Stretford         | NW172584 | 4     |
| 50 Breaststroke       | 43.55   | 44.30           | 276       | 24/03/18 | City of Salford Spring Meet 2018                | Broughton         | NW180235 | 3     |
| 100 Breaststroke      | 1:29.50 | 1:30.90         | 338       | 16/09/18 | Flixton Early Bird Meet                         | Stretford LC      | NW181772 | 3     |
| 50 Butterfly          | 35.99   | 36.50           | 310       | 01/10/17 | Greater Manchester Autumn Meet 2017             | Wigan             | NW170835 | 3     |
| 100 Butterfly         | 1:21.20 | 1:22.10         | 294       | 16/09/18 | Flixton Early Bird Meet                         | Stretford LC      | NW181772 | 3     |
| 50 Backstroke         | 32.33   | 32.90           | 476       | 19/10/19 | Nova Level 2 SCM October Open Meet              | Harvey Hadden     | EM192476 | 2     |
| 100 Backstroke        | 1:10.43 | 1:11.60         | 473       | 11/01/20 | Northampton Championship Qualifying Time Trials | Corby             | EM200411 | 4     |
| 200 Backstroke        | 2:40.93 | 2:43.00         | 403       | 30/11/19 | ESC Xmas County Qualifier                       | Northolt LC       | LR192057 | 3     |
| 200 Individual Medley | 2:42.73 | 2:45.10         | 419       | 29/09/18 | Greater Manchester Autumn Meet 2018             | Wigan Life Centre | NW181632 | 3     |
| 100 Individual Medley | 1:16.99 | 1:17.00         | 395       | 30/09/18 | Greater Manchester Autumn Meet 2018             | Wigan Life Centre | NW181632 | 3     |