

Individual Best Times (All Time)

Mabel Astridge - (1370369) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.06	31.40	399	10/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
100 Freestyle	1:12.75	1:11.60	359	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Freestyle	2:39.72	2:37.50	352	15/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
400 Freestyle	5:25.66	5:21.30	377	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
800 Freestyle	11:00.42	10:51.60	395	03/02/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
1500 Freestyle	21:41.41	21:25.40	353	14/01/24	Devon County Age Group Championships 2024	Plymouth	SW240140	1
50 Breaststroke	59.28	58.70	119	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3
100 Breaststroke	1:53.91	1:52.80	178	15/01/23	Devon County Championships 2023	Plymouth	SW230241	1
200 Breaststroke	3:47.14	3:44.80	222	08/07/23	Plymouth Leander Summer L3 Long Course Open 2023	Plymouth	SW231265	3
50 Butterfly	55.04	54.70	87	03/04/22	Plymouth Leander Last Chance Regional Qualifier 22	Plymouth	SW220511	3
50 Backstroke	37.89	37.40	356	10/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
100 Backstroke	1:33.30	1:32.40	232	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
200 Backstroke	2:57.62	2:55.70	333	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
200 Individual Medley	3:27.49	3:25.60	224	19/01/23	Devon County Championships 2023	Plymouth	SW230243	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.89	32.50	371	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Freestyle	1:13.02	1:14.20	325	11/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
200 Freestyle	2:31.11	2:33.40	389	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
400 Freestyle	5:19.69	5:24.10	378	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
800 Freestyle	11:02.45	11:11.10	374	10/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232226	3
1500 Freestyle	21:35.91	21:51.80	344	23/11/23	Paignton Long Distance Meet 2023	Paignton	SW231600	4
50 Breaststroke	47.97	48.60	206	24/09/23	Exeter Sprint Meet 2023	Plymouth	SW231344	3
100 Breaststroke	1:47.72	1:48.90	194	10/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232226	3
200 Breaststroke	3:40.62	3:43.00	226	12/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
50 Butterfly	42.85	43.30	184	10/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232226	3
50 Backstroke	37.20	37.70	312	06/04/24	East Devon Mini League Rd3 2024	Paignton	SW240585	4
100 Backstroke	1:25.06	1:26.00	268	12/12/23	Plymouth Leander Christmas Open SC L3 2023	Plymouth	SW232227	3
200 Backstroke	3:04.31	3:06.10	268	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
200 Individual Medley	3:29.02	3:30.90	198	27/11/22	15th Tiverton Sparkler 2022	Tiverton	SW221535	3
100 Individual Medley	1:38.03	1:38.00	191	24/09/22	Exeter Sprint Meet 2022	Plymouth	SW221528	3