

Individual Best Times (All Time)

Isabelle Bounds - (1408945) - Seaclose Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.54	1:10.40	377	04/02/23	Hampshire ASA County Championships 2023	Winchester	SE230250	1
50 Breaststroke	43.89	43.20	293	04/02/23	Hampshire ASA County Championships 2023	Winchester	SE230250	1
50 Backstroke	36.64	36.10	393	03/02/24	Hampshire County Swimming Championships 2024	Winchester	SE240344	1
100 Backstroke	1:21.01	1:20.00	354	03/02/24	Hampshire County Swimming Championships 2024	Winchester	SE240344	1
200 Individual Medley	2:57.94	2:55.70	356	05/02/23	Hampshire ASA County Championships 2023	Winchester	SE230250	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.57	33.20	348	08/12/23	Isle of Wight Club Championships 2023	Newport	SE232437	4
100 Freestyle	1:09.21	1:10.40	382	14/10/23	National Arena Swimming League South R1 2023	Portsmouth	SE231990	4
200 Freestyle	2:36.44	2:38.60	350	16/07/22	Seaclose SC Isle of Wight Championships 2022	Medina Leisure Cntr	SE221250	4
400 Freestyle	5:53.70	5:57.70	279	03/12/22	Isle of Wight Club Championships 2022	Medina LC	SE222442	4
800 Freestyle	12:52.21	12:59.70	236	01/12/21	2021 Seaclose Swimming Club Champs	Medina LC	SE211491	4
1500 Freestyle	23:06.79	23:21.60	280	13/12/22	Isle of Wight Club Championships 2022	Medina LC	SE222443	4
50 Breaststroke	42.65	43.40	294	25/11/23	Isle of Wight Club Championships 2023	Newport	SE232435	4
100 Breaststroke	1:32.19	1:33.60	309	25/11/23	Isle of Wight Club Championships 2023	Newport	SE232435	4
200 Breaststroke	3:18.93	3:21.60	309	08/12/23	Isle of Wight Club Championships 2023	Newport	SE232437	4
50 Butterfly	36.74	37.30	292	02/12/23	Isle of Wight Club Championships 2023	Newport	SE232436	4
100 Butterfly	1:26.19	1:27.10	246	11/11/23	National Arena Swimming League South R2 2023	Portsmouth	SE232476	4
200 Butterfly	3:33.49	3:35.00	175	03/12/22	Isle of Wight Club Championships 2022	Medina LC	SE222442	4
50 Backstroke	35.34	35.90	364	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Backstroke	1:16.15	1:17.20	374	02/12/23	Isle of Wight Club Championships 2023	Newport	SE232436	4
200 Backstroke	2:48.70	2:50.70	350	25/11/23	Isle of Wight Club Championships 2023	Newport	SE232435	4
200 Individual Medley	2:53.68	2:55.90	345	02/12/23	Isle of Wight Club Championships 2023	Newport	SE232436	4
400 Individual Medley	6:32.91	6:37.40	286	26/11/22	Isle of Wight Club Championships 2022	Medina LC	SE222441	4
100 Individual Medley	1:20.12	1:20.10	350	25/11/23	Isle of Wight Club Championships 2023	Newport	SE232435	4