

Individual Best Times (All Time)

Jade Abernethy - (164438) - Hertford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	34.25	33.70	482	03/05/09	East Region Youth Champs	Norwich	ERX912	1
100 Backstroke	1:11.66	1:10.50	512	02/05/09	East Region Youth Champs	Norwich	ERX912	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.33	31.00	432	09/02/08	Hatfield Valentine Meet	Hatfield	ER8085	2
100 Freestyle	1:06.74	1:08.00	426	24/11/07	Hatfield UK Challenge	Hatfield	ER7098	2
200 Freestyle	2:27.71	2:30.00	416	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
50 Butterfly	37.78	38.30	268	11/03/06	Hertfordshire County Champ	Hitchin	CC6006	2
50 Backstroke	32.42	33.00	472	29/11/08	Hatfield UK Challenge	Hatfield	ER8540	2
100 Backstroke	1:10.42	1:11.60	473	29/11/08	Hatfield UK Challenge	Hatfield	ER8540	2
200 Backstroke	2:34.10	2:36.20	459	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
100 Individual Medley	1:19.24	1:19.20	362	09/02/08	Hatfield Valentine Meet	Hatfield	ER8085	2