

Individual Best Times (All Time)

Rebecca Beal - (240705) - Bridport Barracuda

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.93	34.30	308	13/05/07	Rotherham Metro Open Meet	Sheffield	NE7049	1
100 Freestyle	1:08.94	1:07.70	421	20/11/11	Bath Grand Prix	Bath	SW1453	1
400 Freestyle	5:13.84	5:09.30	421	04/05/13	ASA South West Regional Championships	Millfield	SWR321	1
50 Breaststroke	36.88	36.00	494	01/05/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Breaststroke	1:19.07	1:17.50	533	02/05/16	ASA SWR Summer Championships	Plymouth	SW160535	1
200 Breaststroke	2:51.60	2:48.50	515	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Butterfly	1:29.43	1:28.60	238	20/10/07	Avalon Autumn Open Meet	Millfield	SW7162	2
200 Backstroke	2:58.33	2:56.40	329	06/12/08	Plymouth Leander Open	Millfield School	SW8450	1
200 Individual Medley	2:40.95	2:38.50	481	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
400 Individual Medley	5:50.53	5:45.50	436	06/05/13	ASA South West Regional Championships	Millfield	SWR321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.39	31.10	429	23/02/13	Dorset County Championships	Littledown	CC3047	2
100 Freestyle	1:05.16	1:06.40	458	23/02/13	Dorset County Championships	Littledown	CC3047	2
200 Freestyle	2:19.82	2:22.30	491	03/03/13	Dorset County Championships	Littledown	CC3048	2
400 Freestyle	4:52.62	4:57.40	493	23/02/13	Dorset County Championships	Littledown	CC3047	2
800 Freestyle	10:23.04	10:32.30	449	16/03/13	Dorset County Championships	Dorchester	CC3049	2
50 Breaststroke	36.70	37.50	461	01/03/14	Dorset County Age Group Champs 2014	Littledown	CC4025	2
100 Breaststroke	1:18.93	1:20.50	493	02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	SW160342	2
200 Breaststroke	2:47.79	2:50.90	515	22/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150142	2
50 Butterfly	32.97	33.50	404	02/03/14	Dorset County Age Group Champs 2014	Littledown	CC4025	2
100 Butterfly	1:13.98	1:15.00	389	23/02/13	Dorset County Championships	Littledown	CC3047	2
200 Butterfly	3:12.75	3:14.40	238	05/07/08	Dorset County Development	Bournemouth	SW8229	3
50 Backstroke	38.08	38.60	291	06/07/08	Dorset County Development	Bournemouth	SW8229	3
100 Backstroke	1:21.39	1:22.40	306	06/07/08	Dorset County Development	Bournemouth	SW8229	3
200 Backstroke	2:46.90	2:48.90	361	06/07/08	Dorset County Development	Bournemouth	SW8229	3
200 Individual Medley	2:35.71	2:38.20	479	06/04/14	Swim Bournemouth 4th Annual Open Meet	Bournemouth	SW4254	2
400 Individual Medley	5:33.83	5:39.10	466	01/03/14	Dorset County Age Group Champs 2014	Littledown	CC4025	2
100 Individual Medley	1:13.52	1:13.50	454	20/07/13	Swindon Dolphins ASC End of Season Meet	Swindon	SW3337	3