

# Individual Best Times (All Time)

Isabel Adams - (548248) - Shepway Swimming Club

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                         | Venue      | License | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------------|------------|---------|-------|
| 50 Freestyle          | 31.88   | 32.50           | 372       | 19/05/13 | East Invicta ASA Development Gala 2013       | Dover      | SE3492  | 4     |
| 100 Freestyle         | 1:09.73 | 1:10.90         | 374       | 12/01/14 | Dover Lifeguard & Canterbury Icebreaker Meet | Canterbury | SE4133  | 3     |
| 200 Freestyle         | 2:35.54 | 2:37.80         | 356       | 02/12/12 | Gravesend & Northfleet Autumn Open           | Gravesend  | SE2711  | 3     |
| 400 Freestyle         | 5:35.77 | 5:39.90         | 326       | 15/09/12 | Canterbury SC Club Championships             | Canterbury | SE2682  | 4     |
| 50 Breaststroke       | 40.84   | 41.60           | 335       | 30/06/14 | Folkestone Club Championships                | Folkestone | SE4835  | 4     |
| 100 Breaststroke      | 1:28.69 | 1:30.10         | 347       | 02/12/12 | Gravesend & Northfleet Autumn Open           | Gravesend  | SE2711  | 3     |
| 200 Breaststroke      | 3:11.06 | 3:13.80         | 349       | 29/12/13 | City of Canterbury SC Christmas Open Gala    | Canterbury | SE3958  | 3     |
| 50 Butterfly          | 39.53   | 40.00           | 234       | 29/12/12 | City of Canterbury Christmas Open Meet       | Canterbury | SE2851  | 3     |
| 100 Butterfly         | 1:41.00 | 1:41.80         | 153       | 02/10/11 | East Invicta Championships                   | Canterbury | SE1486  | 2     |
| 50 Backstroke         | 36.46   | 37.00           | 332       | 19/05/13 | East Invicta ASA Development Gala 2013       | Dover      | SE3492  | 4     |
| 100 Backstroke        | 1:19.75 | 1:20.80         | 326       | 12/01/14 | Dover Lifeguard & Canterbury Icebreaker Meet | Canterbury | SE4133  | 3     |
| 200 Backstroke        | 2:47.64 | 2:49.60         | 357       | 11/01/14 | Dover Lifeguard & Canterbury Icebreaker Meet | Canterbury | SE4133  | 3     |
| 200 Individual Medley | 2:57.53 | 2:59.70         | 323       | 12/01/13 | Dover LG & City of Canterbury Icebreaker     | Canterbury | SE3027  | 2     |
| 100 Individual Medley | 1:22.18 | 1:22.20         | 325       | 24/06/12 | Dover Lifeguard WhiteCliffs Invitation       | Dover      | SE2412  | 4     |