

Individual Best Times (All Time)

Isobel Aspen - (831113) - Trident Swimming Club of East De

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.10	27.30	593	25/04/23	SE South West Summer Regional Championships 2023	Plymouth	SW230523	1
100 Freestyle	1:02.83	1:01.50	557	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
200 Freestyle	2:26.85	2:24.50	453	10/04/16	City of Wells Open Meet	Millfield	SW160578	3
400 Freestyle	6:49.14	6:45.70	190	03/11/12	City of Bristol Level 3 Open Meet	Bristol	SW2523	3
50 Breaststroke	38.46	37.60	435	16/05/15	ASA South West Summer Championships	Bristol	SW150230	1
100 Breaststroke	1:24.86	1:23.40	431	17/05/15	ASASWR Summer Championships	Millfield	SW150231	1
200 Breaststroke	3:02.38	2:59.50	428	31/05/15	ASASWR Summer Championships	Millfield	SW150231	1
50 Butterfly	40.95	40.50	212	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
50 Backstroke	32.30	31.70	575	01/05/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1
100 Backstroke	1:11.54	1:10.40	514	06/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
200 Backstroke	2:37.85	2:35.70	474	09/04/16	City of Wells Open Meet	Millfield	SW160578	3
200 Individual Medley	2:46.12	2:43.70	437	09/04/16	City of Wells Open Meet	Millfield	SW160578	3
400 Individual Medley	6:17.79	6:13.10	348	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.74	28.50	564	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	1:00.94	1:02.30	560	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Freestyle	2:14.98	2:17.50	545	25/05/19	Southwold Annual May Open Meet 2019	Gloucester	SW190143	3
400 Freestyle	5:01.19	5:05.80	452	18/07/16	Caradon Annual Club Championships	Saltash	SW161227	4
800 Freestyle	11:44.53	11:52.70	311	08/03/14	CCASA Championships & Age Groups	Penzance	CC4117	2
50 Breaststroke	37.28	38.10	440	21/02/16	Cornwall County Championships	Bodmin	SW160346	2
100 Breaststroke	1:22.59	1:24.10	430	14/10/18	City of Plymouth Gala 2018	Plymouth Life Centre	SW180995	3
200 Breaststroke	2:56.65	2:59.60	442	16/10/16	City of Plymouth Gala	Plymouth	SW160897	3
50 Butterfly	33.47	34.00	386	09/03/19	Carn Brea & Helston 3rd Open Sprint Meet 2019	Penzance	SW190138	3
100 Butterfly	1:30.53	1:31.40	212	25/01/15	Swindon Dolphin Last Chance Open Meet	Swindon	SW150468	3
200 Butterfly	3:24.99	3:26.50	198	18/10/14	Caradon SC Annual Club Championships 2014	Saltash	SW14339	4
50 Backstroke	31.64	32.30	508	01/04/23	Plymouth Leander Last Chance Regional Qualifier 23	Plymouth	SW230597	3
100 Backstroke	1:08.54	1:09.70	513	09/02/19	Cornwall County ASA Championships	Penzance	SW190083	2
200 Backstroke	2:29.67	2:31.90	501	26/05/19	Southwold Annual May Open Meet 2019	Gloucester	SW190143	3
200 Individual Medley	2:39.19	2:41.60	448	19/07/16	Caradon Club Championships	Liskeard	SW161228	4
400 Individual Medley	5:44.37	5:49.40	425	20/02/16	Cornwall County Championships	Penzance	SW160345	2
100 Individual Medley	1:12.15	1:12.20	480	09/03/19	Carn Brea & Helston 3rd Open Sprint Meet 2019	Penzance	SW190138	3