

Individual Best Times (All Time)

Rebekah Worthy - (484905) - Middlesbrough SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	28.50	572	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
100 Freestyle	1:03.10	550	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
200 Freestyle	2:19.50	531	07/02/15	Northumberland & Durham County Championships	Sunderland	NE150630	1
400 Freestyle	4:48.12	552	13/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151024	1
800 Freestyle	10:38.62	437	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
50 Breaststroke	39.19	422	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
100 Breaststroke	1:26.65	405	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Breaststroke	3:00.35	458	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
50 Butterfly	32.04	443	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
100 Butterfly	1:12.24	452	07/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Butterfly	2:38.38	454	12/03/16	Edinburgh International Meet	Edinburgh	SC01099	1
50 Backstroke	32.83	555	12/03/16	Edinburgh International Meet	Edinburgh	SC01099	1
100 Backstroke	1:10.80	549	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Backstroke	2:29.49	571	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE160209	1
200 Individual Medley	2:33.66	552	07/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
400 Individual Medley	5:31.30	519	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	EM160046	1

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	27.79	561	11/02/17	Middlesbrough ASC AA Grade 2017 Gala	Middlesbrough	NE170149	3
100 Freestyle	1:00.34	577	12/02/17	Middlesbrough ASC AA Grade 2017 Gala	Middlesbrough	NE170149	3
200 Freestyle	2:13.63	564	26/06/15	Middlesbrough End of Season Gala	Middlesbrough	NE151333	2
400 Freestyle	4:38.14	599	12/02/17	Middlesbrough ASC AA Grade 2017 Gala	Middlesbrough	NE170149	3
800 Freestyle	10:23.54	454	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
50 Breaststroke	37.18	457	06/11/16	ASA North East Region Senior/Junior Champs	Sunderland	NE162070	2
100 Breaststroke	1:22.34	434	17/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	NE170017	3
200 Breaststroke	2:55.39	451	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	NE161276	3
50 Butterfly	30.40	515	09/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
100 Butterfly	1:09.05	494	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
200 Butterfly	2:37.71	436	20/09/15	Richmond Dales Open Meet	Durham	NE150564	3
50 Backstroke	31.40	546	20/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
100 Backstroke	1:07.34	545	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
200 Backstroke	2:24.72	559	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
200 Individual Medley	2:29.02	546	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
400 Individual Medley	5:15.55	552	26/06/15	Middlesbrough End of Season Gala	Middlesbrough	NE151333	2
100 Individual Medley	1:08.93	550	19/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2