

# Individual Best Times (All Time)

Rebecca Saunders - (1107155) - Derwentside SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.81	31.10	408	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Freestyle	1:09.42	1:08.20	413	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Freestyle	2:35.40	2:33.10	382	09/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3
50 Breaststroke	38.98	38.20	418	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Breaststroke	1:24.46	1:23.00	437	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
200 Breaststroke	3:06.07	3:03.20	403	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
50 Butterfly	32.97	32.40	406	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Butterfly	1:21.83	1:20.90	311	22/07/18	City of Sheffield Summer Meet 2018	Sheffield	NE180166	3
200 Butterfly	3:03.13	3:01.40	294	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
50 Backstroke	35.22	34.60	443	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Backstroke	1:15.35	1:14.30	440	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Backstroke	2:46.70	2:44.70	403	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Individual Medley	2:51.31	2:49.00	399	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
400 Individual Medley	6:34.66	6:30.20	305	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.12	31.80	400	20/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
100 Freestyle	1:08.41	1:09.60	396	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
200 Freestyle	2:29.23	2:31.50	403	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
400 Freestyle	5:21.38	5:25.70	372	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
800 Freestyle	10:52.82	11:01.60	391	14/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Breaststroke	37.82	38.60	422	05/11/16	ASA North East Region Age Group Championships	Sunderland	NE162069	2
100 Breaststroke	1:21.15	1:22.70	453	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Breaststroke	2:59.58	3:02.50	420	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
50 Butterfly	31.86	32.40	448	12/01/20	Peterlee ASC & Derwentside New Year Meet 2020	Stanley	NE200002	3
100 Butterfly	1:15.74	1:16.70	363	01/12/18	Derwentside ASC Christmas Cracker Meet 2018	Stanley	NE180475	3
200 Butterfly	3:02.69	3:04.40	280	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
50 Backstroke	33.56	34.20	425	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
100 Backstroke	1:12.64	1:13.70	431	27/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
200 Backstroke	2:35.85	2:38.00	444	11/11/17	Wear Valley November L3 Meet	Bishop Auckland	NE170293	3
200 Individual Medley	2:40.88	2:43.30	434	03/12/16	Derwentside Christmas Cracker Meet 2016	Stanley	NE160159	3
400 Individual Medley	5:59.72	6:04.60	372	12/11/17	Wear Valley November L3 Meet	Bishop Auckland	NE170293	3
100 Individual Medley	1:12.90	1:12.90	465	03/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2