

Individual Best Times (All Time)

Niamh Hope - (1107430) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.11	42.60	164	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	40.87	40.10	363	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
100 Breaststroke	1:34.59	1:33.20	311	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170189	1
200 Individual Medley	3:54.22	3:52.50	156	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.52	33.20	350	30/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
100 Freestyle	1:12.72	1:13.90	329	07/01/17	Last Chance County Qualifier	Stanley	NE170004	3
200 Freestyle	2:36.15	2:38.40	352	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
400 Freestyle	5:52.49	5:56.50	282	08/07/16	Alnwick Dolphins 2016 Club Championships	Alnwick	NE161592	4
800 Freestyle	11:44.64	11:52.80	311	30/06/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4
50 Breaststroke	39.64	40.40	366	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
100 Breaststroke	1:28.10	1:29.50	354	07/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
200 Breaststroke	3:09.11	3:11.90	360	18/11/17	Tynemouth ASC Winter Gala	Tynemouth	NE172171	3
50 Butterfly	36.38	36.90	300	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
100 Butterfly	1:33.14	1:34.00	195	07/01/17	Last Chance County Qualifier	Stanley	NE170004	3
50 Backstroke	36.61	37.20	328	29/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
100 Backstroke	1:19.64	1:20.60	327	01/07/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4
200 Backstroke	2:48.62	2:50.60	350	01/07/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4
200 Individual Medley	2:54.86	2:57.10	338	02/07/17	Alnwick Dolphins Club Championships	Alnwick	NE171466	4
400 Individual Medley	6:38.67	6:43.10	274	10/07/16	Alnwick Dolphins 2016 Club Championships	Alnwick	NE161592	4
100 Individual Medley	1:47.94	1:47.90	143	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4