

Individual Best Times (All Time)

Sarah Wright - (1114261) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.94	27.20	603	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:00.48	59.10	625	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
200 Freestyle	2:15.32	2:12.70	579	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
400 Freestyle	4:48.95	4:44.10	540	21/05/17	Derwentio Excel 1st May Meet	Sheffield	EM170260	1
50 Breaststroke	37.45	36.60	472	05/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
100 Breaststroke	1:25.03	1:23.50	429	13/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220163	1
200 Breaststroke	3:07.39	3:04.50	395	27/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
50 Butterfly	28.93	28.30	602	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Butterfly	1:06.03	1:04.90	593	20/05/17	Derwentio Excel 1st May Meet	Sheffield	EM170260	1
200 Butterfly	2:28.99	2:26.90	546	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
50 Backstroke	30.65	30.00	673	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Backstroke	1:11.74	1:10.60	510	04/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
200 Backstroke	2:51.65	2:49.70	369	17/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
200 Individual Medley	2:34.77	2:32.20	541	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.39	28.10	586	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Freestyle	59.10	1:00.50	614	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
200 Freestyle	2:10.72	2:13.30	600	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Freestyle	4:39.32	4:44.30	567	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
800 Freestyle	9:42.04	9:51.90	551	14/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Breaststroke	34.83	35.70	540	07/04/19	GAW Spring Meet	Dunston LC	NE191443	3
100 Breaststroke	1:18.87	1:20.50	494	06/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
200 Breaststroke	3:03.14	3:06.00	396	24/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street	NE151510	3
50 Butterfly	28.83	29.50	604	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Butterfly	1:05.26	1:06.40	568	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
200 Butterfly	2:28.17	2:30.30	526	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Backstroke	29.80	30.50	608	15/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
100 Backstroke	1:06.85	1:08.00	553	07/04/18	Gaw Spring Meet	Dunston	NE180771	3
200 Backstroke	2:39.95	2:42.00	411	16/07/16	GAW Summer Invitation Meet	Dunston	NE161582	4
200 Individual Medley	2:28.03	2:30.70	557	15/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
100 Individual Medley	1:07.67	1:07.70	582	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2