

Individual Best Times (All Time)

Natasha Holroyd - (1115638) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	466	07/07/19	RRSC End of Season Summer Meet 2019	Aldershot	SE191896	3
100 Freestyle	1:03.95	1:02.60	528	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Freestyle	2:14.74	2:12.10	587	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
400 Freestyle	4:42.32	4:37.30	579	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
800 Freestyle	9:27.17	9:16.90	624	17/01/20	Hampshire County Championships 2020	Portsmouth	SE200382	1
1500 Freestyle	18:07.00	17:47.90	607	03/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
50 Breaststroke	55.76	55.20	143	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
50 Butterfly	32.44	31.90	427	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE182310	3
100 Butterfly	1:09.27	1:08.20	513	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
200 Butterfly	2:34.83	2:32.80	486	09/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
50 Backstroke	34.11	33.50	488	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
100 Backstroke	1:11.56	1:10.40	514	07/07/19	RRSC End of Season Summer Meet 2019	Aldershot	SE191896	3
200 Backstroke	2:30.87	2:28.60	543	02/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
200 Individual Medley	2:42.34	2:39.90	468	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
400 Individual Medley	5:44.84	5:39.70	458	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.35	31.00	431	08/05/16	Windsor Spring Level 3 Meet	Windsor	SE160877	3
100 Freestyle	1:03.07	1:04.40	505	17/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	SW192634	2
200 Freestyle	2:11.98	2:14.60	583	17/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	SW192634	2
400 Freestyle	4:34.03	4:39.10	601	03/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
800 Freestyle	9:26.33	9:36.40	599	02/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
50 Breaststroke	42.92	43.60	288	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Breaststroke	1:32.41	1:33.80	307	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
200 Breaststroke	3:23.03	3:25.60	291	19/06/16	Windsor Club Championships	Windsor	SE161462	4
50 Butterfly	33.22	33.80	395	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Butterfly	1:08.74	1:09.80	486	14/12/19	NASL South Round 3	Waterlooville	SE193326	3
200 Butterfly	2:31.97	2:34.00	487	16/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	SW192634	2
50 Backstroke	34.05	34.60	407	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Backstroke	1:09.73	1:10.90	487	10/11/18	National Arena Swimming League South Round 2	Guildford	SE182656	3
200 Backstroke	2:27.12	2:29.40	528	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Individual Medley	2:38.04	2:40.50	458	30/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181536	4
400 Individual Medley	5:38.02	5:43.20	449	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160040	2
100 Individual Medley	1:16.59	1:16.60	401	16/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160040	2