

# Individual Best Times (All Time)

Hannah Cusack-Hughes - (1136287) - Adwick (Doncaster) SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.03	35.40	281	21/04/18	Stocksbridge Spring Open	Sheffield	NE180244	3
100 Freestyle	1:23.16	1:22.10	240	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
50 Breaststroke	49.83	49.20	200	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
100 Breaststroke	2:08.85	2:07.90	123	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
50 Butterfly	48.32	47.90	129	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
50 Backstroke	42.73	42.30	248	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
100 Backstroke	1:29.36	1:28.50	264	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
200 Individual Medley	3:49.43	3:47.70	166	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.89	36.50	260	05/06/16	Doncaster Dartes B Grade Meet	Adwick	NE160429	3
100 Freestyle	1:23.44	1:24.40	218	03/06/18	Doncaster Dartes B Grade Meet	Adwick	NE180374	3
200 Freestyle	3:03.83	3:05.70	216	24/09/16	Adwick Home Championships	Adwick	NE161756	4
50 Breaststroke	48.50	49.10	200	08/07/18	BOBSC 11th Annual Summer Sizzler	Leeds	NE180767	3
100 Breaststroke	1:47.92	1:49.10	192	03/06/18	Doncaster Dartes B Grade Meet	Adwick	NE180374	3
200 Breaststroke	4:23.54	4:25.50	133	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
50 Butterfly	43.71	44.10	173	05/06/16	Doncaster Dartes B Grade Meet	Adwick	NE160429	3
100 Butterfly	1:47.42	1:48.10	127	05/10/15	DMASA Individual Championships 2015 ('The Mets')	Adwick	NE151994	4
50 Backstroke	41.08	41.60	232	25/03/18	Doncaster Dartes John Harrimans	Adwick	NE180372	4
100 Backstroke	1:29.58	1:30.50	230	03/06/18	Doncaster Dartes B Grade Meet	Adwick	NE180374	3
200 Backstroke	3:30.81	3:32.40	179	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
200 Individual Medley	3:32.53	3:34.40	188	22/10/16	Adwick ASC Home Championships	Adwick	NE161757	4
100 Individual Medley	1:32.68	1:32.70	226	03/06/18	Doncaster Dartes B Grade Meet	Adwick	NE180374	3