

Individual Best Times (All Time)

Rhiannon Bridges - (1152057) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.34	29.60	471	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
100 Freestyle	1:06.88	1:05.60	462	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
200 Freestyle	2:24.74	2:22.30	473	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
400 Freestyle	5:01.34	4:56.60	476	27/05/17	ASA North East Region Championships	Sunderland	NE170146	1
50 Breaststroke	50.65	50.00	190	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
100 Breaststroke	2:03.74	2:02.70	139	01/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Butterfly	33.90	33.30	374	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
50 Backstroke	35.79	35.20	422	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
200 Individual Medley	3:12.04	3:10.00	283	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.00	30.70	446	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
100 Freestyle	1:05.10	1:06.40	459	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
200 Freestyle	2:21.73	2:24.20	471	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
400 Freestyle	4:55.31	5:00.00	480	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
50 Breaststroke	43.78	44.50	272	30/09/17	South Tyneside Autumn Meet	South Shields	NE172370	3
100 Breaststroke	1:48.69	1:49.80	188	19/04/15	South Tyneside ASC Spring Meet	South Shields	NE150616	3
200 Breaststroke	3:44.90	3:47.20	214	18/04/15	South Tyneside ASC Spring Meet	South Shields	NE150616	3
50 Butterfly	33.21	33.80	395	14/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
100 Butterfly	1:17.94	1:18.90	333	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3
200 Butterfly	3:37.13	3:38.60	167	07/06/15	Derwentside 6th Annual Charity Meet 2015	Stanley	NE150583	3
50 Backstroke	36.61	37.20	328	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
100 Backstroke	1:19.25	1:20.30	332	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	NE180176	3
200 Backstroke	3:13.31	3:15.00	232	17/10/15	South Tyneside SC Autumn Meet	South Shields	NE151545	3
200 Individual Medley	2:47.64	2:50.00	384	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3
100 Individual Medley	1:17.04	1:17.00	394	15/04/18	South Tyneside Spring Meet 2018	South Shields	NE180836	3