

# Individual Best Times (All Time)

Hannah Poulter - (1152217) - The University Of Birmingham

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.98	29.30	488	09/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
100 Freestyle	1:03.29	1:02.00	545	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
200 Freestyle	2:18.66	2:16.10	539	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
400 Freestyle	4:49.72	4:44.80	536	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
800 Freestyle	9:50.04	9:40.20	554	25/01/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200447	1
1500 Freestyle	19:11.45	18:53.40	510	02/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200448	1
50 Breaststroke	35.18	34.30	569	12/02/22	Sussex County ASA County Championships	Crawley	SE220129	1
100 Breaststroke	1:16.59	1:14.90	587	05/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
200 Breaststroke	2:43.64	2:40.40	593	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
50 Butterfly	31.32	30.70	474	22/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
100 Butterfly	1:07.15	1:06.00	563	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
200 Butterfly	2:30.44	2:28.30	530	08/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200449	1
50 Backstroke	35.15	34.60	446	24/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
100 Backstroke	1:13.69	1:12.60	470	23/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
200 Backstroke	2:35.30	2:33.10	498	09/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190455	1
200 Individual Medley	2:27.48	2:24.80	625	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
400 Individual Medley	5:08.86	5:03.10	637	22/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.63	29.30	513	15/11/19	Brighton Club Championships	Prince Regent	SE191678	4
100 Freestyle	1:01.78	1:03.10	538	13/11/21	National Arena Swimming League South - Round Two	Dover	SE211360	3
200 Freestyle	2:11.26	2:13.90	593	15/01/22	Brighton SC Tom Handley Open Meet	Prince Regent	SE220019	3
400 Freestyle	4:40.01	4:45.00	563	30/06/19	Atlantis Swimming Club Summer Splash 2019	HORSHAM	SE190352	3
800 Freestyle	9:47.50	9:57.30	536	22/05/22	Brighton SC Time Trials	Prince Regent	SE221247	4
1500 Freestyle	18:41.41	18:59.70	531	10/12/19	Brighton Club Championships	Roedean School	SE191681	4
50 Breaststroke	34.42	35.30	559	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
100 Breaststroke	1:13.85	1:15.50	602	17/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2
200 Breaststroke	2:36.37	2:39.70	637	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
50 Butterfly	30.53	31.10	509	06/12/19	Brighton Club Championships	Prince Regent	SE191680	4
100 Butterfly	1:07.33	1:08.40	517	14/12/19	NASL South Round 3	Crawley	SE193323	3
200 Butterfly	2:28.39	2:30.50	523	20/10/19	Sussex Couny ASA Winter Short Course Competition	Crawley	SE192761	2
50 Backstroke	32.65	33.30	462	11/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
100 Backstroke	1:08.66	1:09.80	510	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Backstroke	2:25.87	2:28.10	542	16/01/22	Brighton SC Tom Handley Open Meet	Prince Regent	SE220019	3
200 Individual Medley	2:22.04	2:24.80	631	05/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	WM222203	2
400 Individual Medley	4:59.38	5:05.20	647	05/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	WM222203	2
100 Individual Medley	1:07.06	1:07.10	598	17/10/21	Sussex County ASA Winter Competition	Crawley	SE211129	2