

# Individual Best Times (All Time)

Zahra Turnbull - (1156589) - Chester-Le-Street SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.85	30.20	448	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:07.09	1:05.80	457	12/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
200 Freestyle	2:25.91	2:23.50	462	04/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
400 Freestyle	5:09.99	5:05.40	437	07/05/22	SE North East Region Age Group Championships 2022	Leeds	NE220862	1
800 Freestyle	10:37.88	10:28.70	438	24/04/22	SE North East Region Age Group Championships 2022	Leeds	NE220861	1
50 Breaststroke	50.95	50.30	187	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
50 Butterfly	33.67	33.10	381	29/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
100 Butterfly	1:14.72	1:13.70	409	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Butterfly	2:41.74	2:39.80	427	12/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
50 Backstroke	37.42	36.90	369	04/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
100 Backstroke	1:17.94	1:16.90	397	21/05/23	Cardiff International Open Meet 2023	Cardiff	WL230294	1
200 Backstroke	2:48.90	2:46.90	387	12/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
200 Individual Medley	2:46.21	2:43.80	436	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Individual Medley	5:46.40	5:41.30	452	04/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.70	31.40	416	02/10/22	South Tyneside Swimming Club Autumn Meet 2022	Haven Point	NE221560	3
100 Freestyle	1:06.21	1:07.50	437	17/07/22	Gateshead & Whickham ASC Summer Meet	Dunston LC	NE221069	3
200 Freestyle	2:23.93	2:26.30	450	16/07/22	Gateshead & Whickham ASC Summer Meet	Dunston LC	NE221069	3
400 Freestyle	4:58.77	5:03.40	463	10/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
800 Freestyle	10:25.63	10:34.80	444	25/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
50 Breaststroke	42.08	42.80	306	17/07/22	Gateshead & Whickham ASC Summer Meet	Dunston LC	NE221069	3
100 Breaststroke	1:31.97	1:33.30	311	15/04/23	Chester Le Street ASC Open Meet 2023	Chester le Street	NE231071	3
200 Breaststroke	3:11.54	3:14.30	346	09/04/22	Chester le Street ASC Open Meet 2022	Chester le Street	NE220599	3
50 Butterfly	33.20	33.80	395	22/10/22	Chester le Street ASC Junior Meet 2022	Chester le Street	NE222153	3
100 Butterfly	1:14.50	1:15.50	381	11/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
200 Butterfly	2:38.75	2:40.70	427	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
50 Backstroke	34.96	35.50	376	15/10/22	BOSSS Winter Swimming Meet 2022	Billingham Forum	NE221873	2
100 Backstroke	1:16.58	1:17.60	368	10/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
200 Backstroke	2:38.64	2:40.70	421	05/11/22	SE North East Age Group Championships (25m) 2022	Sheffield	NE221571	2
200 Individual Medley	2:43.17	2:45.60	416	01/10/22	South Tyneside Swimming Club Autumn Meet 2022	Haven Point	NE221560	3
400 Individual Medley	5:36.40	5:41.60	456	11/06/22	Middlesbrough ASC 2022 June Meet	Middlesbrough	NE220030	3
100 Individual Medley	1:17.42	1:17.40	388	15/10/22	BOSSS Winter Swimming Meet 2022	Billingham Forum	NE221873	2