

# Individual Best Times (All Time)

Molly Roberts - (1195382) - Neptune (Leicester) SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.19	31.50	394	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
100 Freestyle	1:11.04	1:09.90	385	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
200 Freestyle	2:31.59	2:29.30	412	25/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
400 Freestyle	5:14.34	5:09.80	419	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
800 Freestyle	10:42.88	10:33.80	428	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
1500 Freestyle	21:00.51	20:44.00	389	27/04/19	Richmond Dales April Fool Gala	Leeds	NE191258	3
50 Breaststroke	36.74	35.90	499	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Breaststroke	1:24.60	1:23.10	435	11/03/18	Jorvik Spring Festival 2018	Leeds	NE180441	3
200 Breaststroke	3:07.33	3:04.50	395	02/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
50 Butterfly	35.27	34.70	332	26/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
100 Butterfly	1:22.08	1:21.10	308	25/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
200 Butterfly	3:03.05	3:01.30	294	14/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
50 Backstroke	41.68	41.20	267	15/05/22	Rotherham Metro Springtime Long Course Meet	Sheffield	NE220075	3
100 Backstroke	1:27.26	1:26.30	283	11/03/18	Jorvik Spring Festival 2018	Leeds	NE180441	3
200 Backstroke	3:05.26	3:03.40	293	08/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
200 Individual Medley	2:49.60	2:47.30	411	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
400 Individual Medley	6:05.14	6:00.30	386	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.75	32.40	376	18/06/22	Team Jorvik Viking Sprints 2022	Leeds	NE220621	3
100 Freestyle	1:09.70	1:10.90	374	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Freestyle	2:30.88	2:33.20	390	21/07/19	City of Bradford Summer Sprint with the Free	Shipley	NE191973	3
400 Freestyle	5:13.31	5:17.80	402	03/07/22	Halifax Club Gala	Huddersfield	NE220480	4
800 Freestyle	10:38.45	10:47.50	418	07/10/18	BOK Grand Prix Internal Series	Huddersfield	NE182113	4
1500 Freestyle	20:26.84	20:43.60	405	27/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
50 Breaststroke	37.01	37.90	450	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
100 Breaststroke	1:23.24	1:24.70	420	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
200 Breaststroke	3:01.47	3:04.40	407	11/02/23	Leicestershire County Age Group & Championships 23	Braunstone	EM230109	2
50 Butterfly	35.78	36.30	316	18/06/22	Team Jorvik Viking Sprints 2022	Leeds	NE220621	3
100 Butterfly	1:20.00	1:20.90	308	03/07/22	Halifax Club Gala	Huddersfield	NE220480	4
200 Butterfly	2:56.28	2:58.10	312	27/03/22	Halifax Club Gala	Huddersfield	NE220479	4
50 Backstroke	40.81	41.30	236	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
100 Backstroke	1:26.28	1:27.20	257	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Backstroke	2:58.00	2:59.90	298	24/05/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180817	4
200 Individual Medley	2:48.25	2:50.60	379	12/07/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180818	4
400 Individual Medley	5:50.60	5:55.60	402	27/03/22	Halifax Club Gala	Huddersfield	NE220479	4
100 Individual Medley	1:18.55	1:18.60	372	18/06/22	Team Jorvik Viking Sprints 2022	Leeds	NE220621	3