

Individual Best Times (All Time)

Natasha Rice - (1250593) - Middlesbrough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.49	31.80	383	07/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
100 Freestyle	1:13.43	1:12.30	349	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
200 Freestyle	2:45.17	2:43.00	318	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	55.10	54.50	148	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Breaststroke	1:39.74	1:38.50	265	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Breaststroke	3:31.95	3:29.40	273	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Butterfly	41.78	41.30	199	07/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
100 Butterfly	1:37.68	1:36.90	183	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	38.87	38.30	329	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
100 Backstroke	1:26.64	1:25.70	289	07/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.72	32.40	377	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
100 Freestyle	1:09.80	1:11.00	373	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
200 Freestyle	2:32.59	2:34.90	377	02/04/23	Tynemouth ASC Last Chance NER Qualifier 2023	North Shields	NE230387	3
400 Freestyle	5:24.89	5:29.20	360	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
800 Freestyle	11:23.71	11:32.10	340	09/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
50 Breaststroke	42.69	43.40	293	22/10/23	Middlesbrough ASC Halloween Meet 2023	Middlesborough	NE231614	3
100 Breaststroke	1:32.19	1:33.60	309	19/11/22	Durham City Aquatics Medley Challenge	Durham	NE221558	3
200 Breaststroke	3:17.00	3:19.70	318	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
50 Butterfly	40.39	40.90	219	15/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
100 Butterfly	1:26.55	1:27.40	243	19/11/22	Durham City Aquatics Medley Challenge	Durham	NE221558	3
200 Butterfly	3:22.17	3:23.70	207	11/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
50 Backstroke	36.52	37.10	330	15/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
100 Backstroke	1:19.63	1:20.60	327	08/06/24	Middlesbrough ASC June Meet 2024	Middlesborough	NE240090	3
200 Backstroke	2:54.13	2:56.00	318	18/12/22	Middlesbrough ASC December 2022 Meet	Middlesbrough	NE221886	3
200 Individual Medley	2:55.27	2:57.50	336	15/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
400 Individual Medley	6:08.17	6:12.90	347	11/03/23	Middlesbrough ASC March 2023 Meet	Middlesbrough	NE230451	3
100 Individual Medley	1:24.03	1:24.00	304	22/10/23	Middlesbrough ASC Halloween Meet 2023	Middlesborough	NE231614	3