

Individual Best Times (All Time)

Millie Cammock - (1357631) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.21	29.50	477	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:04.42	1:03.10	517	25/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
200 Freestyle	2:13.55	2:10.90	603	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
400 Freestyle	4:42.56	4:37.60	578	13/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230132	1
800 Freestyle	9:34.76	9:24.60	600	12/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
1500 Freestyle	18:23.57	18:04.70	580	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
50 Breaststroke	34.80	33.90	588	22/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1
100 Breaststroke	1:15.00	1:13.30	625	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
200 Breaststroke	2:40.91	2:37.60	624	25/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1
50 Butterfly	32.79	32.20	413	29/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
100 Butterfly	1:12.74	1:11.70	443	28/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
50 Backstroke	43.34	42.90	238	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
100 Backstroke	1:20.26	1:19.30	364	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Individual Medley	2:34.25	2:31.70	546	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
400 Individual Medley	5:26.89	5:21.50	538	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.27	30.00	480	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
100 Freestyle	1:01.81	1:03.10	537	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
200 Freestyle	2:10.96	2:13.60	597	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
400 Freestyle	4:33.74	4:38.80	603	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
800 Freestyle	9:16.47	9:26.80	631	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
1500 Freestyle	17:48.51	18:07.60	614	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
50 Breaststroke	34.83	35.70	540	16/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
100 Breaststroke	1:13.38	1:15.10	613	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Breaststroke	2:38.68	2:42.00	609	18/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
50 Butterfly	31.73	32.30	453	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Butterfly	1:11.42	1:12.50	433	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Butterfly	2:40.01	2:42.00	417	27/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
50 Backstroke	34.72	35.30	384	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
100 Backstroke	1:16.27	1:17.30	372	28/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
200 Backstroke	2:37.32	2:39.40	432	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
200 Individual Medley	2:25.57	2:28.30	586	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Individual Medley	5:13.41	5:19.00	563	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Individual Medley	1:10.71	1:10.70	510	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2