

Individual Best Times (All Time)

Jamie Lonergan - (1371535) - Tynedale SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.01	28.30	374	12/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220163	1
100 Freestyle	58.79	57.40	506	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Freestyle	2:15.82	2:13.20	423	23/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1
400 Freestyle	4:40.20	4:35.10	484	14/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230132	1
800 Freestyle	9:44.29	9:34.30	463	13/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230132	1
1500 Freestyle	18:50.74	18:32.30	457	03/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
50 Backstroke	33.31	32.70	353	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
100 Backstroke	1:10.47	1:09.30	392	23/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1
200 Backstroke	2:32.75	2:30.60	393	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230206	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.91	27.70	420	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	59.13	1:00.50	436	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Freestyle	2:12.01	2:14.60	426	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Freestyle	4:33.74	4:38.80	466	23/06/23	Tynemouth ASC Summer Meet 2023	North Shields	NE230545	3
800 Freestyle	10:39.61	10:48.60	333	16/01/22	Alnwick Dolphins Northumberland Invitational Meet	Willowburn LC	NE220265	4
1500 Freestyle	18:36.40	18:54.70	436	16/12/22	Scarborough SC Winter Splash 2022	Scarborough	NE220439	3
50 Breaststroke	46.02	46.70	159	01/07/21	Tynedale SC	Wentworth Leisure ce	LEX2876	0
100 Breaststroke	1:43.86	1:45.10	150	01/07/21	Tynedale SC	Wentworth Leisure ce	LEX2876	0
50 Butterfly	44.84	45.30	114	28/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
50 Backstroke	32.58	33.20	312	05/11/22	SE North East Age Group Championships (25m) 2022	Sheffield	NE221571	2
100 Backstroke	1:09.87	1:11.00	330	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Backstroke	2:31.49	2:33.70	339	06/11/22	SE North East Age Group Championships (25m) 2022	Sheffield	NE221571	2
200 Individual Medley	3:08.97	3:11.10	195	22/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
100 Individual Medley	1:13.36	1:13.40	303	01/10/22	South Tyneside Swimming Club Autumn Meet 2022	Haven Point	NE221560	3