

Individual Best Times (All Time)

Marley Bowe - (1375479) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.29	29.60	473	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Freestyle	1:08.34	1:07.10	433	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Freestyle	2:21.03	2:18.50	512	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
400 Freestyle	4:56.23	4:51.50	501	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
800 Freestyle	10:02.68	9:53.00	520	02/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
1500 Freestyle	18:47.73	18:29.30	543	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
50 Breaststroke	39.94	39.10	389	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Breaststroke	1:21.33	1:19.80	490	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:58.60	2:55.60	456	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
50 Butterfly	32.49	31.90	425	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Butterfly	1:13.04	1:12.00	438	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Butterfly	2:41.40	2:39.40	429	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
50 Backstroke	34.67	34.10	465	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Backstroke	1:16.10	1:15.00	427	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
200 Backstroke	2:36.44	2:34.30	487	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Individual Medley	2:37.93	2:35.40	509	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Individual Medley	5:28.83	5:23.40	528	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.94	30.60	449	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Freestyle	1:03.73	1:05.00	490	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Freestyle	2:18.13	2:20.60	509	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
400 Freestyle	4:47.89	4:52.70	518	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
800 Freestyle	9:41.26	9:51.10	554	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
1500 Freestyle	18:33.52	18:51.90	542	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
50 Breaststroke	36.88	37.70	455	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Breaststroke	1:21.17	1:22.70	453	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Breaststroke	2:47.23	2:50.40	521	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
50 Butterfly	31.27	31.90	473	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Butterfly	1:11.26	1:12.30	436	09/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
200 Butterfly	2:36.63	2:38.60	445	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
50 Backstroke	33.24	33.80	438	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
100 Backstroke	1:11.76	1:12.90	447	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Backstroke	2:30.82	2:33.00	490	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Individual Medley	2:30.53	2:33.10	530	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Individual Medley	5:13.91	5:19.50	561	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Individual Medley	1:11.77	1:11.80	488	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3