

# Individual Best Times (All Time)

Jacob Redding - (1418758) - Middlesbrough SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.26	31.60	272	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
100 Freestyle	1:07.26	1:06.00	338	07/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
200 Freestyle	2:22.62	2:20.20	365	07/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
400 Freestyle	4:57.92	4:53.20	403	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
800 Freestyle	10:18.59	10:09.20	390	19/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Breaststroke	36.78	35.90	351	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
100 Breaststroke	1:20.72	1:19.10	349	27/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
200 Breaststroke	2:58.90	2:55.90	345	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Butterfly	37.02	36.50	217	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	34.46	33.90	319	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
100 Backstroke	1:13.08	1:12.00	352	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Backstroke	2:34.25	2:32.10	381	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Individual Medley	2:36.84	2:34.30	384	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
400 Individual Medley	5:27.80	5:22.40	404	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.06	30.70	301	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:04.26	1:05.50	339	09/03/24	Middlesbrough ASC March 2024 Meet	Middlesbrough	NE240019	3
200 Freestyle	2:14.98	2:17.50	398	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Freestyle	4:45.92	4:50.80	409	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
800 Freestyle	10:41.36	10:50.30	330	11/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
1500 Freestyle	19:55.50	20:12.70	355	29/09/23	South Tyneside SC Autumn Meet 2023	Haven Point	NE231800	3
50 Breaststroke	36.21	37.10	327	09/03/24	Middlesbrough ASC March 2024 Meet	Middlesbrough	NE240019	3
100 Breaststroke	1:19.71	1:21.30	333	08/06/24	Middlesbrough ASC June Meet 2024	Middlesbrough	NE240090	3
200 Breaststroke	2:49.67	2:52.80	355	08/06/24	Middlesbrough ASC June Meet 2024	Middlesbrough	NE240090	3
50 Butterfly	33.75	34.30	267	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
50 Backstroke	33.03	33.60	299	09/03/24	Middlesbrough ASC March 2024 Meet	Middlesbrough	NE240019	3
100 Backstroke	1:11.14	1:12.30	313	09/06/24	Middlesbrough ASC June Meet 2024	Middlesbrough	NE240090	3
200 Backstroke	2:29.05	2:31.30	355	08/06/24	Middlesbrough ASC June Meet 2024	Middlesbrough	NE240090	3
200 Individual Medley	2:32.51	2:35.10	371	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Individual Medley	5:17.84	5:23.30	403	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Individual Medley	1:23.58	1:23.60	204	19/11/22	Durham City Aquatics Medley Challenge	Durham	NE221558	3