

# Individual Best Times (All Time)

## Ava Race - (1478943) - Wear Valley SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.74	32.10	375	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:12.27	1:11.10	366	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:40.70	2:38.50	346	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	40.30	39.50	378	27/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
100 Breaststroke	1:29.91	1:28.50	362	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Breaststroke	3:11.97	3:09.20	367	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
50 Butterfly	34.75	34.20	347	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Butterfly	1:23.64	1:22.70	291	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Individual Medley	2:56.64	2:54.40	363	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.14	32.80	363	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Freestyle	1:10.78	1:12.00	357	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Freestyle	2:31.05	2:33.30	389	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
400 Freestyle	5:17.87	5:22.30	385	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
50 Breaststroke	39.36	40.20	374	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
100 Breaststroke	1:25.30	1:26.80	390	06/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Breaststroke	3:07.69	3:10.50	368	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
50 Butterfly	34.79	35.30	344	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
100 Butterfly	1:19.34	1:20.30	316	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Butterfly	3:06.88	3:08.60	262	25/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	NE231810	3
50 Backstroke	41.46	41.90	225	06/11/21	SE North East Region Age Group Championships 2021	Sheffield	NE211464	2
100 Backstroke	1:27.05	1:28.00	250	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
200 Backstroke	3:17.33	3:19.00	218	17/09/22	Richmond Dales The Iain Young Back to Pool Gala	Neptune Centre	NE221549	3
200 Individual Medley	2:48.73	2:51.10	376	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
400 Individual Medley	6:11.40	6:16.10	338	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
100 Individual Medley	1:23.93	1:23.90	305	27/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3