

# Individual Best Times (All Time)

Sarah Naisbett - (1479749) - Chester-Le-Street SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.19	30.50	433	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:07.93	1:06.70	441	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:25.50	2:23.10	466	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Freestyle	5:14.50	5:10.00	419	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
800 Freestyle	10:56.68	10:47.80	402	03/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
1500 Freestyle	21:11.55	20:55.20	379	14/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230132	1
100 Breaststroke	1:43.19	1:42.00	240	02/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Breaststroke	3:37.99	3:35.50	251	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
50 Butterfly	35.56	35.00	324	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Butterfly	1:27.23	1:26.40	257	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	36.76	36.20	390	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
100 Backstroke	1:20.69	1:19.70	358	29/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
200 Backstroke	2:56.19	2:54.30	341	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
200 Individual Medley	2:55.72	2:53.50	369	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	NE230413	1
400 Individual Medley	6:19.53	6:14.90	343	21/04/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	NE230131	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.93	31.60	407	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesbrough	NE231716	3
100 Freestyle	1:06.15	1:07.40	438	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
200 Freestyle	2:24.28	2:26.70	446	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
400 Freestyle	5:04.43	5:09.00	438	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
800 Freestyle	10:44.74	10:53.70	406	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
1500 Freestyle	20:38.84	20:55.40	394	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
50 Breaststroke	44.16	44.90	265	20/09/22	City of Sunderland ASC Club Champs 2022	Sunderland	NE221650	4
100 Breaststroke	1:43.27	1:44.50	220	26/03/22	Tynemouth ASC March Gala 2022	North Shields	NE220516	3
200 Breaststroke	3:53.27	3:55.50	191	05/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
50 Butterfly	35.32	35.90	328	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3
100 Butterfly	1:25.29	1:26.20	254	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
50 Backstroke	36.58	37.10	328	23/09/23	Gateshead & Whickham Summer Meet 2023	Gateshead	NE231703	3
100 Backstroke	1:20.19	1:21.20	320	18/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
200 Backstroke	2:47.41	2:49.40	358	11/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
200 Individual Medley	2:50.40	2:52.70	365	11/06/23	Middlesbrough ASC June 2023 Meet	Middlesbrough	NE230452	3
400 Individual Medley	6:00.28	6:05.10	371	18/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
100 Individual Medley	1:19.74	1:19.70	355	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	NE232239	3