

Individual Best Times (All Time)

Sterling Austin - (16024) - Erith & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.09	25.30	514	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Freestyle	1:08.78	1:07.60	316	14/06/03	Northern Counties Age Group Mt	Manchester	NOR022	1
200 Freestyle	2:27.77	2:25.40	328	22/06/03	Northern Counties Age Group Mt	Manchester	NOR022	1
400 Freestyle	5:06.61	5:02.00	369	15/06/03	Northern Counties Age Group Mt	Manchester	NOR022	1
1500 Freestyle	19:44.15	19:26.60	397	21/06/03	Northern Counties Age Group Mt	Manchester	NOR022	1
50 Breaststroke	41.33	40.60	247	05/10/03	Robin Hood Open Meet 2003	Sheffield	DMM132	1
100 Breaststroke	1:21.66	1:20.10	337	10/03/07	Lancashire County Champs	Manchester	CC7043	2
200 Breaststroke	3:05.63	3:02.80	308	10/01/04	City of Derby Meet	Sheffield	L1M096	1
50 Butterfly	35.19	34.60	253	05/10/03	Robin Hood Open Meet 2003	Sheffield	DMM132	1
100 Butterfly	1:26.33	1:25.40	187	04/10/03	Robin Hood Open Meet 2003	Sheffield	DMM132	1
200 Butterfly	3:16.76	3:15.10	176	24/05/03	Inter-Association Age Groups	Wigan	DMN090	1
50 Backstroke	30.74	30.10	449	12/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
100 Backstroke	1:08.66	1:07.50	424	12/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
200 Backstroke	2:35.90	2:33.70	369	13/02/10	BUCS Long Course Champs	Sheffield	NE0321	1
200 Individual Medley	2:33.77	2:31.20	407	12/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
400 Individual Medley	5:55.24	5:50.30	318	22/06/03	Northern Counties Age Group Mt	Manchester	NOR022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.34	27.10	448	14/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Freestyle	56.21	57.70	507	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
200 Freestyle	2:15.22	2:17.80	396	27/01/07	North Lancs Age Groups	Blackpool	NW7092	2
400 Freestyle	4:56.38	5:01.10	367	13/02/05	North Lancs Open AG Champs	Lancaster	L2N263	2
1500 Freestyle	19:50.81	20:08.00	359	12/02/05	North Lancs Open AG Champs	Lancaster	L2N263	2
50 Breaststroke	36.07	36.90	330	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
100 Breaststroke	1:13.38	1:15.10	427	14/11/10	British University Champs	Sheffield	BUC002	2
200 Breaststroke	2:49.17	2:52.30	358	27/01/07	North Lancs Age Groups	Blackpool	NW7092	2
50 Butterfly	27.91	28.60	473	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Butterfly	1:21.83	1:22.80	199	01/02/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
200 Butterfly	3:08.12	3:09.80	183	16/02/03	North Lancashire Age Groups	Salt Ayre	DMN084	2
50 Backstroke	28.96	29.60	445	02/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Backstroke	1:05.37	1:06.60	404	14/11/10	British University Champs	Sheffield	BUC002	2
200 Backstroke	2:24.43	2:26.70	391	13/11/10	British University Champs	Sheffield	BUC002	2
200 Individual Medley	2:31.11	2:33.70	381	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
400 Individual Medley	5:43.67	5:48.80	318	24/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
100 Individual Medley	1:11.16	1:11.20	332	18/06/06	Harrogate B Grade Meet	Harrogate	NE6120	3