

Individual Best Times (All Time)

Rihanna Harper - (1616974) - Carlisle Aquatics

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.25	28.50	525	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Freestyle	1:03.71	1:02.40	534	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Freestyle	2:27.22	2:24.80	450	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
400 Freestyle	4:59.49	4:54.80	485	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
800 Freestyle	10:24.17	10:14.80	468	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
1500 Freestyle	19:41.83	19:24.20	472	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Breaststroke	40.63	39.80	369	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Breaststroke	1:40.25	1:39.00	261	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Breaststroke	3:43.19	3:40.80	234	13/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
50 Butterfly	30.95	30.30	491	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Butterfly	1:34.85	1:34.00	200	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	35.38	34.80	437	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Backstroke	1:20.51	1:19.50	361	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
200 Backstroke	2:44.36	2:42.30	420	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Individual Medley	2:42.56	2:40.10	466	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.86	29.60	501	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Freestyle	1:04.13	1:05.40	481	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Freestyle	2:25.86	2:28.20	432	02/12/23	Cumbria Winter Meet L3 2023	Copeland	NW232162	3
400 Freestyle	5:01.24	5:05.90	452	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
800 Freestyle	10:08.76	10:18.20	482	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
1500 Freestyle	19:55.58	20:12.70	438	04/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
50 Breaststroke	39.37	40.20	374	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Breaststroke	1:25.44	1:26.90	388	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
200 Breaststroke	3:17.50	3:20.20	316	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Butterfly	33.01	33.60	402	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Butterfly	1:14.03	1:15.00	389	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	NW241218	3
50 Backstroke	34.10	34.70	405	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Backstroke	1:19.37	1:20.40	330	02/12/23	Cumbria Winter Meet L3 2023	Copeland	NW232162	3
200 Backstroke	2:42.28	2:44.30	393	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
200 Individual Medley	2:40.02	2:42.50	441	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
400 Individual Medley	5:43.57	5:48.70	428	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Individual Medley	1:13.00	1:13.00	463	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3