

# Individual Best Times (All Time)

Molly Melia - (1643650) - City of Sunderland ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.94	30.30	444	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
100 Freestyle	1:06.98	1:05.70	460	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Freestyle	2:23.89	2:21.50	482	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Freestyle	5:02.18	4:57.50	472	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
800 Freestyle	10:29.09	10:19.80	457	12/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
50 Breaststroke	42.66	41.90	319	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Breaststroke	1:33.73	1:32.40	320	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Butterfly	33.85	33.30	375	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Butterfly	1:23.48	1:22.60	293	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	38.28	37.80	345	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Backstroke	1:19.54	1:18.50	374	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Individual Medley	2:46.34	2:43.90	435	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.65	31.30	418	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:06.39	1:07.60	433	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Freestyle	2:19.41	2:21.90	495	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
400 Freestyle	4:54.43	4:59.20	484	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
800 Freestyle	10:20.86	10:30.10	454	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Breaststroke	39.97	40.80	357	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Breaststroke	1:29.46	1:30.90	338	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Breaststroke	3:16.67	3:19.30	320	15/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	NE231253	3
50 Butterfly	33.50	34.10	385	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Butterfly	1:16.60	1:17.60	351	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Butterfly	3:04.02	3:05.70	274	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
50 Backstroke	35.12	35.70	371	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Backstroke	1:17.04	1:18.10	361	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Individual Medley	2:43.09	2:45.50	417	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
400 Individual Medley	6:06.73	6:11.50	352	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3