

Individual Best Times (All Time)

Anna Newlands - (164627) - Cockermouth SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 27.38 | 26.60 | 641 | 11/04/14 | British Gas Championships 2014 | Glasgow | ASA132 | 1 |
| 100 Freestyle | 57.59 | 56.10 | 723 | 28/05/17 | East District Long Course Open Meet | Edinburgh | SCO1301 | 1 |
| 200 Freestyle | 2:05.49 | 2:02.70 | 727 | 06/12/14 | ASA North West Region Winter Championships | Liverpool | NWR420 | 1 |
| 400 Freestyle | 4:35.49 | 4:30.40 | 623 | 05/06/11 | BG North West Region Age Group Championshi | Manchester | NWR105 | 1 |
| 800 Freestyle | 9:28.47 | 9:18.20 | 620 | 11/06/11 | BG North West Region Age Group Championshi | Manchester | NWR106 | 1 |
| 200 Breaststroke | 2:54.49 | 2:51.40 | 489 | 20/05/12 | City of Sunderland ASC May Open Meet | Sunderland | NE2186 | 1 |
| 50 Butterfly | 27.68 | 27.00 | 687 | 26/07/17 | British Summer Championships | Sheffield | BSW002 | 1 |
| 100 Butterfly | 1:00.52 | 59.30 | 770 | 27/05/17 | East District Long Course Open Meet | Edinburgh | SCO1301 | 1 |
| 200 Butterfly | 2:14.83 | 2:12.50 | 737 | 14/04/14 | British Gas Championships 2014 | Glasgow | ASA132 | 1 |
| 50 Backstroke | 29.79 | 29.10 | 733 | 29/06/17 | Scottish National Open Championships | Aberdeen | SCO1320 | 1 |
| 100 Backstroke | 1:03.03 | 1:01.70 | 752 | 10/03/17 | Edinburgh International Meet 2017 | Edinburgh | SCO1260 | 1 |
| 200 Backstroke | 2:13.29 | 2:10.80 | 788 | 18/02/17 | BUCS Long Course Swimming Championships | Sheffield | NE170125 | 1 |
| 200 Individual Medley | 2:16.69 | 2:13.80 | 785 | 30/07/16 | British Summer Championships | Sheffield | ASA148 | 1 |
| 400 Individual Medley | 5:05.44 | 4:59.60 | 659 | 05/05/13 | ASANWR Youth Championships | Manchester | NWR305 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 27.02 | 27.80 | 611 | 16/11/13 | Stockport November L2 Meet | Stockport | NW3038 | 2 |
| 100 Freestyle | 56.23 | 57.70 | 713 | 16/12/16 | ASA Winter Meet 2016 | Sheffield | ASA153 | 2 |
| 200 Freestyle | 2:02.62 | 2:05.40 | 728 | 15/11/14 | Stockport Metro November Open Meet | Stockport | NW4424 | 2 |
| 400 Freestyle | 4:25.35 | 4:30.60 | 662 | 18/03/12 | Cumbria Age Groups & County Championships | Whitehaven | CC2065 | 2 |
| 800 Freestyle | 9:16.13 | 9:26.40 | 632 | 23/03/13 | Cumbria County Championships | Carlisle | CC3065 | 2 |
| 50 Breaststroke | 36.83 | 37.70 | 457 | 18/03/12 | Cumbria Age Groups & County Championships | Whitehaven | CC2065 | 2 |
| 100 Breaststroke | 1:17.75 | 1:19.40 | 515 | 16/10/11 | BG ASA National County Team Division 2 | Sheffield | ASA114 | 2 |
| 200 Breaststroke | 2:45.49 | 2:48.60 | 537 | 24/03/12 | Cumbria Age Groups & County Champs | Kendal | CC2066 | 2 |
| 50 Butterfly | 27.29 | 28.00 | 713 | 11/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 100 Butterfly | 59.79 | 1:01.00 | 738 | 17/12/16 | ASA Winter Meet 2016 | Sheffield | ASA153 | 2 |
| 200 Butterfly | 2:13.20 | 2:15.50 | 724 | 22/11/15 | Stockport Metro November Meet 2015 | Stockport | NW151137 | 2 |
| 50 Backstroke | 28.15 | 28.90 | 721 | 09/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 100 Backstroke | 59.70 | 1:01.00 | 777 | 11/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 200 Backstroke | 2:06.14 | 2:08.70 | 838 | 10/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 200 Individual Medley | 2:11.93 | 2:14.90 | 788 | 09/12/16 | Scottish National Short Course Championships | Edinburgh | SCO1210 | 1 |
| 400 Individual Medley | 4:56.79 | 5:02.60 | 664 | 02/12/12 | ASA North West Regional Championships | Manchester | NWR213 | 2 |
| 100 Individual Medley | 1:07.02 | 1:07.00 | 599 | 17/03/12 | Cumbria Age Groups & County Championships | Whitehaven | CC2065 | 2 |