

# Individual Best Times (All Time)

William Rostron - (1649920) - Gateshead & Whickham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.75	32.10	260	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Freestyle	1:11.08	1:09.90	286	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Freestyle	2:37.11	2:34.90	273	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Freestyle	5:33.28	5:29.00	287	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
800 Freestyle	11:39.38	11:31.00	270	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
50 Breaststroke	48.27	47.60	155	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
100 Breaststroke	1:40.46	1:39.20	181	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Breaststroke	3:32.20	3:29.70	206	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Butterfly	34.83	34.30	261	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
100 Butterfly	1:22.32	1:21.40	216	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
50 Backstroke	38.37	37.80	231	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Backstroke	1:23.97	1:23.00	232	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
200 Backstroke	2:54.94	2:53.00	261	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Individual Medley	2:59.30	2:57.10	257	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Individual Medley	6:25.88	6:21.30	248	13/04/24	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	31.94	32.60	251	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Freestyle	1:09.70	1:10.90	266	17/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
200 Freestyle	2:39.74	2:41.90	240	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
400 Freestyle	5:18.41	5:22.80	296	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
800 Freestyle	11:06.39	11:15.00	294	15/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
1500 Freestyle	20:42.01	20:58.50	317	24/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Breaststroke	44.60	45.30	175	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Breaststroke	1:36.72	1:38.00	186	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Breaststroke	3:27.40	3:29.90	194	14/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
50 Butterfly	34.70	35.20	246	16/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
100 Butterfly	1:19.13	1:20.10	220	12/04/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
200 Butterfly	3:06.25	3:07.90	188	16/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
50 Backstroke	37.31	37.80	208	13/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
100 Backstroke	1:19.68	1:20.70	223	06/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Backstroke	2:51.05	2:53.00	235	07/04/24	Chester-le-street Open Meet 2024	Chester le Street	NE240794	3
200 Individual Medley	2:55.05	2:57.30	245	17/03/24	Gateshead & Whickham ASC Spring Meet 2024	Gateshead	NE240550	3
400 Individual Medley	6:24.12	6:28.70	228	14/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
100 Individual Medley	1:22.53	1:22.50	212	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3