

Individual Best Times (All Time)

Rachel Haigh - (22675) - City of Newcastle-Upon-Tyne SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.16	25.40	735	01/08/09	Tri-Nations 50m 2009	London	ASA094	1
100 Freestyle	57.19	55.70	739	28/07/09	British Gas Youth Champs	Sheffield	ASA093	1
200 Freestyle	2:03.75	2:00.90	758	25/01/09	Burns Meet 2009	Sheffield	NE9034	1
400 Freestyle	4:37.79	4:32.70	608	04/06/05	NECASA Bagcats Championships	Sheffield	DCE513	1
100 Breaststroke	1:21.35	1:19.80	489	28/05/06	Sheffield No Frills	Sheffield	NE6078	1
200 Breaststroke	3:00.29	2:57.30	444	05/06/04	NECASA Age Group Championships	Sheffield	DCE011	1
50 Butterfly	27.97	27.30	666	29/07/09	British Gas Youth Champs	Sheffield	ASA093	1
100 Butterfly	1:00.73	59.50	762	01/08/09	Tri-Nations 50m 2009	London	ASA094	1
200 Butterfly	2:15.86	2:13.50	720	24/01/09	Burns Meet 2009	Sheffield	NE9034	1
50 Backstroke	40.91	40.40	283	12/05/02	NECASA Age Group Championships	Sheffield	NEC019	1
100 Backstroke	1:08.17	1:07.00	594	03/08/06	National Youth & Open 2006	Sheffield	ASA060	1
200 Backstroke	2:28.03	2:25.80	575	30/06/05	Scottish National Championship	Glasgow	SCO165	1
200 Individual Medley	2:26.99	2:24.30	631	28/01/06	Gateshead & Whickham Meet	Sheffield	NE6043	1
400 Individual Medley	5:10.54	5:04.80	627	28/01/06	Gateshead & Whickham Meet	Sheffield	NE6043	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.54	26.30	723	13/11/10	British University Champs	Sheffield	BUC002	2
100 Freestyle	55.98	57.50	723	14/02/09	Northumberland & Durham	Durham	CC9108	2
200 Freestyle	2:06.66	2:09.40	660	05/10/08	Darlington Open Meet	Darlington	NE8272	1
400 Freestyle	4:29.28	4:34.40	633	04/02/06	City of Newcastle Open MT	Newcastle	NE6075	1
50 Breaststroke	51.29	51.90	169	24/03/01	Northumberland & Durham County	Various	CTY153	2
100 Breaststroke	1:18.80	1:20.40	495	07/10/06	Darlington 23rd Open	Darlington	NE6167	1
200 Breaststroke	2:41.69	2:44.90	576	05/02/06	City of Newcastle Open MT	Newcastle	NE6075	1
50 Butterfly	27.44	28.10	701	15/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Butterfly	59.69	1:00.90	742	13/11/10	British University Champs	Sheffield	BUC002	2
200 Butterfly	2:14.36	2:16.70	705	02/11/08	North East Region Champs	Durham	NER827	1
50 Backstroke	30.90	31.50	545	16/02/08	Northumberland & Durham	Darlington	CC8081	2
100 Backstroke	1:04.52	1:05.80	615	05/10/08	Darlington Open Meet	Darlington	NE8272	1
200 Backstroke	2:19.79	2:22.20	615	04/10/08	Darlington Open Meet	Darlington	NE8272	1
200 Individual Medley	2:20.72	2:23.50	649	18/02/06	Northumberland & Durham	Newcastle	CC6062	2
400 Individual Medley	5:11.28	5:16.90	575	12/03/05	Northumberland & Durham Champs	Middlesbrough	CCE592	2
100 Individual Medley	1:09.20	1:09.20	544	06/03/05	Northumberland & Durham Champs	Middlesbrough	CCE591	2