

Individual Best Times (All Time)

Sarah Joy - (228993) - Hartlepool SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	447	09/10/11	Borough of Stockton Swim Scheme Gala	Leeds	NE1439	1
100 Freestyle	1:07.12	1:05.90	457	23/05/09	Rotherham Metro LC Meet	Sheffield	NE9007	1
200 Freestyle	2:21.73	2:19.30	504	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
400 Freestyle	4:57.17	4:52.40	496	03/05/09	North East Region Champs	Sunderland	NER918	1
800 Freestyle	10:12.40	10:02.90	496	02/05/09	North East Region Champs	Sunderland	NER918	1
200 Breaststroke	3:08.29	3:05.50	389	23/05/09	Rotherham Metro LC Meet	Sheffield	NE9007	1
50 Butterfly	32.80	32.20	413	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
100 Butterfly	1:13.47	1:12.40	430	05/05/12	North East Region Youth & Senior Champs	Sunderland	NER221	1
50 Backstroke	34.70	34.10	463	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
100 Backstroke	1:15.16	1:14.10	443	05/02/12	Northumberland & Durham Championships	Sunderland	CC2038	1
200 Backstroke	2:39.97	2:37.90	456	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Individual Medley	2:39.18	2:36.70	497	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
400 Individual Medley	5:42.80	5:37.60	466	23/05/09	Rotherham Metro LC Meet	Sheffield	NE9007	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.80	30.50	455	22/09/12	Richmond Dales Open Meet	Durham	NE2533	3
100 Freestyle	1:04.08	1:05.40	482	23/09/12	Richmond Dales Open Meet	Durham	NE2533	3
200 Freestyle	2:16.27	2:18.80	530	29/11/08	North East Region Champs	Sunderland	NER828	1
400 Freestyle	4:45.76	4:50.60	530	08/05/09	Middlesbrough Open	Middlesbrough	NE9103	1
800 Freestyle	9:56.72	10:06.30	512	30/11/08	North East Region Champs	Sunderland	NER828	1
50 Breaststroke	38.97	39.80	385	11/12/11	Derwentside Christmas Cracker	Stanley	NE1658	4
100 Breaststroke	1:27.06	1:28.50	367	28/09/08	South Tyneside Sept Meet	Hebburn	NE8159	3
200 Breaststroke	3:00.52	3:03.40	414	09/05/10	Middlesbrough Open Meet	Middlesbrough	NE0041	2
50 Butterfly	31.94	32.50	444	24/03/12	North Tyneside Sprints	Stanley	NE2286	4
100 Butterfly	1:11.24	1:12.30	436	10/12/11	Derwentside Christmas Cracker	Stanley	NE1658	4
200 Butterfly	2:51.35	2:53.20	340	18/10/08	Middlesbrough Aut Series	Middlesbrough	NE8500	3
50 Backstroke	34.23	34.80	401	23/09/12	Richmond Dales Open Meet	Durham	NE2533	3
100 Backstroke	1:11.29	1:12.40	456	27/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
200 Backstroke	2:33.69	2:35.80	463	09/05/09	Middlesbrough Open	Middlesbrough	NE9103	1
200 Individual Medley	2:33.92	2:36.50	496	11/12/11	Derwentside Christmas Cracker	Stanley	NE1658	4
400 Individual Medley	5:28.34	5:33.70	490	29/11/08	North East Region Champs	Sunderland	NER828	1
100 Individual Medley	1:13.11	1:13.10	461	24/03/12	North Tyneside Sprints	Stanley	NE2286	4