

# Individual Best Times (All Time)

Natasha Sinha - (308415) - Beckenham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.59	27.90	563	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:02.76	1:01.40	559	15/04/12	Bexley SC Open Long Course Meet	London	LR2208	1
200 Freestyle	2:10.57	2:07.90	645	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
400 Freestyle	4:31.99	4:26.80	648	08/12/13	London Winter Championships	Ealing	LRX324	1
800 Freestyle	9:27.20	9:16.90	624	28/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
1500 Freestyle	19:31.52	19:13.80	485	17/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
50 Breaststroke	47.11	46.40	237	12/07/09	London Region Sprint Gala	Crystal Palace	LR9266	3
100 Breaststroke	1:31.57	1:30.20	343	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
50 Butterfly	28.84	28.20	607	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Butterfly	1:03.17	1:02.00	677	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
200 Butterfly	2:18.05	2:15.70	686	28/07/16	British Summer Championships	Sheffield	ASA148	1
50 Backstroke	31.07	30.40	646	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:05.59	1:04.40	667	05/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Backstroke	2:20.97	2:18.60	666	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Individual Medley	2:37.85	2:35.30	510	03/12/11	BG London Region Winter Championships	London	LRX125	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.13	28.90	541	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
100 Freestyle	1:00.53	1:01.90	572	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2
200 Freestyle	2:07.09	2:09.80	653	21/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
400 Freestyle	4:33.42	4:38.50	605	14/05/11	Hatfield UK Challenge 2011	Hatfield	ER1309	2
800 Freestyle	9:09.42	9:19.80	656	16/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
50 Breaststroke	41.12	41.90	328	13/10/14	Beckenham Club Championships	Beckenham	LR14277	4
100 Breaststroke	1:27.51	1:28.90	361	19/11/12	Beckenham SC Club Championships	Beckenham	LR2687	4
200 Breaststroke	3:06.14	3:09.00	377	14/10/13	Beckenham SC Club Championships	Beckenham	LR3780	4
50 Butterfly	29.10	29.70	588	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Butterfly	1:01.87	1:03.10	666	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Butterfly	2:14.78	2:17.10	698	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
50 Backstroke	29.58	30.20	621	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Backstroke	1:02.15	1:03.40	688	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Backstroke	2:13.81	2:16.30	702	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Individual Medley	2:26.32	2:29.00	577	16/11/15	Beckenham Club Championships	Beckenham	LR151574	4
400 Individual Medley	5:09.83	5:15.40	583	24/02/13	Kent County Championships	Gillingham	CC3051	2
100 Individual Medley	1:08.47	1:08.50	562	04/01/16	Beckenham Club Championships	Beckenham	LR160073	4