

# Individual Best Times (All Time)

Niamh McDonagh - (359750) - Rushmoor Royals SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	611	05/05/12	British Gas South East Youth Championship	Crawley	SER214	1
100 Freestyle	58.10	56.60	705	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Freestyle	2:03.68	2:00.80	759	25/06/14	British Gas International Swimming Meet 2014	Manchester	ASA133	1
400 Freestyle	4:21.22	4:15.80	731	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
800 Freestyle	9:19.81	9:09.40	649	21/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
1500 Freestyle	19:39.08	19:21.40	475	28/02/10	Hampshire County Champs	Portsmouth	CC0108	1
50 Breaststroke	36.46	35.60	511	04/12/11	South East Region Open & Junior Champs	Aldershot	SER127	1
100 Breaststroke	1:17.47	1:15.80	567	09/10/11	Rushmoor Royals SC Club Championships	Aldershot	SE1637	4
200 Breaststroke	2:48.10	2:44.90	547	07/05/11	Berks & South Bucks No Frills Meet	Aldershot	SE1276	1
50 Butterfly	32.76	32.20	414	31/10/10	Rushmoor Royals Open	Aldershot	SE0592	1
100 Butterfly	1:07.52	1:06.40	554	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
200 Butterfly	2:32.35	2:30.30	511	16/12/12	Rushmoor Royals Club Championships	Aldershot	SE2831	4
50 Backstroke	36.63	36.10	394	16/01/10	Rushmoor Royals New Year Meet	Aldershot	SE0022	3
100 Backstroke	1:17.80	1:16.80	400	20/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9732	4
200 Individual Medley	2:25.89	2:23.20	646	17/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
400 Individual Medley	5:03.84	4:58.00	669	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.49	28.20	580	11/12/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4
100 Freestyle	57.35	58.80	672	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
200 Freestyle	2:02.22	2:05.00	735	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
400 Freestyle	4:18.03	4:23.40	720	19/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
800 Freestyle	10:09.52	10:18.90	480	17/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9730	4
1500 Freestyle	19:37.17	19:54.60	459	18/12/09	Rushmoor Royals Club Chmp	Aldershot	SE9730	4
50 Breaststroke	36.43	37.30	472	13/11/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4
100 Breaststroke	1:19.18	1:20.80	488	06/11/10	South East Region Champs	Portsmouth	SER028	2
200 Breaststroke	2:42.74	2:46.00	565	13/11/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4
50 Butterfly	30.91	31.50	490	02/12/12	ASA South East Region Open & Junior Meet	Aldershot	SER225	2
100 Butterfly	1:06.81	1:07.90	529	01/12/12	ASA South East Region Open & Junior Meet	Aldershot	SER225	2
50 Backstroke	35.13	35.70	371	13/03/10	Hampshire County Champs	Southampton	CC0110	2
100 Backstroke	1:18.30	1:19.30	344	07/02/10	City Southampton Open Meet	Southampton	SE0053	2
200 Individual Medley	2:22.48	2:25.20	625	24/10/15	Nova Centurion October Short Course Open Meet	Nottingham	EM151600	2
400 Individual Medley	5:33.51	5:38.70	468	13/03/10	Hampshire County Champs	Southampton	CC0110	2
100 Individual Medley	1:08.96	1:09.00	550	11/12/11	Rushmoor Royals SC Club Championships	Aldershot	SE1727	4