

# Individual Best Times (All Time)

Natalie Sainsbury - (437375) - Salisbury Stingrays SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.97	28.20	541	03/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
100 Freestyle	1:03.56	1:02.20	538	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
200 Freestyle	2:18.08	2:15.50	545	04/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
400 Freestyle	4:54.77	4:50.00	509	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
800 Freestyle	10:32.82	10:23.60	449	01/02/14	Wiltshire County Championships	Bath	CC4097	1
50 Breaststroke	43.07	42.30	310	05/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Breaststroke	1:55.39	1:54.30	171	01/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
50 Butterfly	31.92	31.30	448	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
100 Butterfly	1:17.23	1:16.20	370	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Butterfly	3:24.90	3:23.30	210	04/11/12	City of Bristol Level 3 Open Meet	Bristol	SW2523	3
50 Backstroke	36.19	35.60	408	06/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3
100 Backstroke	1:24.68	1:23.70	310	07/10/12	Portsmouth Northsea SC Level 3 Open Meet	Portsmouth	SE2755	3
200 Backstroke	3:19.04	3:17.40	236	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
200 Individual Medley	2:45.59	2:43.20	441	05/04/14	Frome & Wells 3 Towers Open Meet	Millfield	SW4310	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.56	29.30	517	30/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	SW14330	2
100 Freestyle	1:02.17	1:03.50	528	07/03/15	Wiltshire Youth Championships	Swindon	CC150352	2
200 Freestyle	2:13.24	2:15.80	567	28/02/15	Wiltshire Youth Championships	Swindon	CC150351	2
400 Freestyle	4:45.55	4:50.40	531	01/03/15	Wiltshire Youth Championships	Swindon	CC150351	2
50 Breaststroke	47.02	47.70	219	22/04/12	Salisbury Stingrays Spring Open Meet	Salisbury	SW2409	3
100 Breaststroke	1:38.22	1:39.50	255	22/04/12	Salisbury Stingrays Spring Open Meet	Salisbury	SW2409	3
200 Breaststroke	3:51.15	3:53.40	197	04/12/11	Tigersharks ASC Xmas open Meet	Swindon	SW1100	3
50 Butterfly	32.26	32.80	431	19/04/15	Salisbury Stingrays Spring Meet 2015	Salisbury	SW150759	3
100 Butterfly	1:12.90	1:13.90	407	28/02/15	Wiltshire Youth Championships	Swindon	CC150351	2
200 Butterfly	3:05.97	3:07.70	266	16/03/13	Wiltshire Age Group County Championships	Swindon	CC3069	2
50 Backstroke	35.89	36.40	348	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3
100 Backstroke	1:16.78	1:17.80	365	17/03/13	Wiltshire Age Group County Championships	Swindon	CC3069	2
200 Backstroke	2:42.99	2:45.00	388	02/03/14	Wiltshire ASA Age Group Championships	Swindon	CC4098	2
200 Individual Medley	2:49.03	2:51.40	374	16/03/13	Wiltshire Age Group County Championships	Swindon	CC3069	2
100 Individual Medley	1:15.56	1:15.60	418	13/04/14	Salisbury Stingrays Spring Open Meet 2014	Salisbury	SW4441	3