

# Individual Best Times (All Time)

## Rose Stride - (725511) - Mid Sussex Marlins

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.71	30.00	454	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:06.34	1:05.10	473	11/05/14	Beckenham International Open Meet	London	LR4343	1
200 Freestyle	2:21.18	2:18.70	510	13/04/14	Crawley Spring Open Meet	Crawley	SE4285	1
400 Freestyle	4:49.44	4:44.50	537	13/04/14	Crawley Spring Open Meet	Crawley	SE4285	1
800 Freestyle	9:49.98	9:40.10	554	24/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1
1500 Freestyle	20:19.65	20:02.60	429	26/01/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190453	1
50 Breaststroke	38.02	37.20	451	10/05/14	Beckenham International Open Meet	London	LR4343	1
100 Breaststroke	1:23.62	1:22.10	451	14/02/16	Sussex County Championships	Crawley	SE160360	1
200 Breaststroke	2:55.42	2:52.40	482	15/03/15	Sussex County Championships	Crawley	CC150379	1
50 Butterfly	32.86	32.30	410	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
100 Butterfly	1:13.04	1:12.00	438	15/03/15	Sussex County Championships	Crawley	CC150379	1
200 Butterfly	2:38.95	2:36.90	450	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
100 Backstroke	1:20.36	1:19.40	363	02/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
200 Backstroke	2:51.24	2:49.30	371	15/04/17	PNSC Easter Meet	Portsmouth	SE170397	1
200 Individual Medley	2:39.30	2:36.80	496	11/05/14	Beckenham International Open Meet	London	LR4343	1
400 Individual Medley	5:27.56	5:22.20	534	14/03/15	Sussex County Championships	Crawley	CC150379	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
100 Freestyle	1:03.71	1:05.00	490	16/03/14	Sussex County Championships	Crawley	CC4092	2
200 Freestyle	2:16.56	2:19.10	527	10/07/14	Atlantis SC Horsham Summer Club Championships	Horsham	SE4622	4
400 Freestyle	4:42.09	4:47.00	551	26/04/15	Atlantis Horsham 2015 Spring Open	Horsham	SE150219	3
800 Freestyle	9:36.77	9:46.70	567	05/12/15	Crawley Christmas Splash Open Meet	Crawley	SE151330	3
50 Breaststroke	37.71	38.50	425	19/09/14	Crawley SC Club Championships & Time Trials	Crawley	SE4884	4
100 Breaststroke	1:21.10	1:22.60	454	26/06/15	Crawley Club Championships 2015 (closed)	Crawley	SE151238	4
200 Breaststroke	2:51.32	2:54.40	484	26/04/15	Atlantis Horsham 2015 Spring Open	Horsham	SE150219	3
50 Butterfly	32.44	33.00	424	15/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	SE161768	2
100 Butterfly	1:11.44	1:12.50	433	01/10/16	Hailsham Club Championships	Hailsham	SE160721	4
200 Butterfly	2:31.45	2:33.50	492	25/04/15	Atlantis Horsham 2015 Spring Open	Horsham	SE150219	3
50 Backstroke	35.42	36.00	362	04/11/17	Eastbourne Club Championships 2017	Eastbourne	SE170658	4
100 Backstroke	1:15.81	1:16.90	379	10/06/17	Eastbourne Club Championships 2017	Eastbourne	SE170656	4
200 Backstroke	2:36.87	2:39.00	435	15/03/14	Sussex County Championships	Crawley	CC4092	2
200 Individual Medley	2:35.22	2:37.70	483	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
400 Individual Medley	5:21.07	5:26.50	524	10/07/14	Atlantis SC Horsham Summer Club Championships	Horsham	SE4622	4
100 Individual Medley	1:13.25	1:13.30	459	11/06/16	Hailsham Club Championships	Hailsham	SE160719	4