

Individual Best Times (All Time)

Polly Holden - (744581) - Newcastle (Staffs) ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.02	26.20	667	24/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Freestyle	57.89	56.40	712	04/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
200 Freestyle	2:00.96	1:58.10	812	24/07/18	British Summer Championships	Sheffield	BSW006	1
400 Freestyle	4:14.33	4:08.80	792	27/01/19	21st Luxembourg Euro Meet 2019	Luxembourg	GBR918	1
800 Freestyle	8:38.73	8:27.50	816	25/07/18	British Summer Championships	Sheffield	BSW006	1
1500 Freestyle	16:33.58	16:12.60	795	23/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	EM190205	1
50 Breaststroke	44.89	44.20	274	01/07/12	City of Coventry Graham Sykes Gala	Coventry	WM2023	3
200 Breaststroke	2:52.13	2:49.00	510	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
50 Butterfly	30.02	29.40	538	25/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
100 Butterfly	1:04.89	1:03.70	624	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
50 Backstroke	38.38	37.90	342	01/07/12	City of Coventry Graham Sykes Gala	Coventry	WM2023	3
100 Backstroke	1:10.83	1:09.70	530	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
200 Individual Medley	2:24.99	2:22.20	658	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
400 Individual Medley	5:04.09	4:58.30	668	24/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.89	27.70	620	26/02/17	Staffordshire ASA Championships	Stafford	WM170127	2
100 Freestyle	57.19	58.60	678	20/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	EM180706	2
200 Freestyle	1:59.21	2:02.10	792	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
400 Freestyle	4:07.32	4:12.90	817	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
800 Freestyle	8:26.63	8:37.90	836	09/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
1500 Freestyle	16:20.14	16:40.90	795	09/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
50 Breaststroke	35.99	36.90	489	16/07/16	Wolverhampton Level 3 Sprint Meet	Wolverhampton	WM160766	3
100 Breaststroke	1:16.15	1:17.80	549	12/02/17	Staffordshire ASA Championships	Stafford	WM170126	2
200 Breaststroke	2:44.59	2:47.80	546	20/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	EM180706	2
50 Butterfly	29.59	30.20	559	11/02/17	Staffordshire ASA Championships	Stafford	WM170126	2
100 Butterfly	1:04.15	1:05.30	598	10/07/16	Staffordshire Three Counties Gala	Stafford	WM160653	3
200 Butterfly	2:25.01	2:27.20	561	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
50 Backstroke	31.99	32.60	491	14/02/16	Staffordshire County Championships 2016	Stafford	WM160062	2
100 Backstroke	1:07.67	1:08.80	533	13/02/16	Staffordshire County Championships 2016	Stafford	WM160062	2
200 Backstroke	2:24.24	2:26.50	560	14/02/16	Staffordshire County Championships 2016	Stafford	WM160062	2
200 Individual Medley	2:22.37	2:25.10	627	11/02/17	Staffordshire ASA Championships	Stafford	WM170126	2
400 Individual Medley	4:56.00	5:01.90	669	21/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	EM180706	2
100 Individual Medley	1:06.88	1:06.90	603	25/02/17	Staffordshire ASA Championships	Stafford	WM170127	2