

Individual Best Times (All Time)

Sara Loft - (750890) - City of Manchester Aquatics

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.35	27.60	577	03/05/14	2014 ASANWR Youth Championships	Liverpool	NWR400	1
100 Freestyle	59.81	58.40	646	10/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
200 Freestyle	2:07.72	2:05.00	689	16/03/14	Lancashire County Championships	Manchester	CC4087	1
400 Freestyle	4:26.74	4:21.40	687	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	NW3449	1
800 Freestyle	9:15.83	9:05.30	663	24/07/12	BG ASA National Age Groups Championships	Sheffield	ASA120	1
50 Breaststroke	48.34	47.70	219	28/11/09	Sheffield City B Grade Mt	Sheffield	NE9396	3
100 Breaststroke	1:31.17	1:29.80	348	13/05/12	City of Manchester Aquatics Swim Team Open	Manchester	NW2307	1
50 Butterfly	39.90	39.40	229	28/11/09	Sheffield City B Grade Mt	Sheffield	NE9396	3
100 Butterfly	1:14.38	1:13.40	414	09/04/11	Lancashire County Championships	Manchester	CC1018	1
200 Butterfly	2:39.12	2:37.10	448	15/05/11	City of Manchester Aquatics Open Meet	Manchester	NW1044	1
50 Backstroke	31.71	31.10	607	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
100 Backstroke	1:07.78	1:06.60	605	04/03/12	Lancashire County Championships	Liverpool	CC2015	1
200 Backstroke	2:24.98	2:22.70	612	28/01/12	ASA Northern Zonal Meet	Sheffield	ZM2220	1
200 Individual Medley	2:27.82	2:25.10	621	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
400 Individual Medley	5:08.05	5:02.30	642	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.64	29.40	513	25/10/15	Manchester International Meet 2015	Manchester	NW151667	2
100 Freestyle	1:00.82	1:02.20	563	28/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	NW2009	2
200 Freestyle	2:08.62	2:11.30	630	17/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
400 Freestyle	4:25.69	4:30.90	659	18/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
800 Freestyle	9:00.23	9:10.80	690	16/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
50 Breaststroke	39.94	40.70	358	20/11/11	Central Lancs Assoc Warburton Age Groups	Wigan	NW1557	3
100 Breaststroke	1:23.22	1:24.70	420	01/04/12	City of Salford Spring Meet	Salford	NW2248	3
200 Breaststroke	3:01.30	3:04.20	408	20/10/13	Greater Manchester Autumn Meet 2013	Manchester	NW3215	3
50 Butterfly	32.33	32.90	428	05/11/11	Central Lancs Warburton Age Groups	Bury	NW1556	3
100 Butterfly	1:09.95	1:11.00	461	28/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	NW2009	2
200 Butterfly	2:30.84	2:32.90	498	07/10/12	Central Lancs SA Warburton Age Groups	Salford	NW2310	3
50 Backstroke	31.90	32.50	495	03/12/11	BG North West Regional Championships	Manchester	NWR107	2
100 Backstroke	1:07.13	1:08.30	546	18/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
200 Backstroke	2:21.88	2:24.20	589	03/12/11	BG North West Regional Championships	Manchester	NWR107	2
200 Individual Medley	2:25.98	2:28.70	581	17/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
400 Individual Medley	5:04.66	5:10.40	613	18/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
100 Individual Medley	1:30.04	1:30.00	247	26/07/09	City of Bradford Meet	Shipley	NE9273	3