

# Individual Best Times (All Time)

Sarah March - (770518) - City of Sunderland ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.86	30.20	447	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
100 Freestyle	1:05.55	1:04.30	490	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
200 Freestyle	2:24.17	2:21.70	479	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
50 Breaststroke	34.90	34.00	583	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Breaststroke	1:17.40	1:15.80	568	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
200 Breaststroke	2:49.02	2:45.90	538	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
50 Butterfly	33.22	32.60	397	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
100 Butterfly	1:14.50	1:13.50	412	13/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
200 Butterfly	2:54.29	2:52.50	341	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
50 Backstroke	36.28	35.70	405	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Backstroke	1:20.67	1:19.70	358	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
200 Individual Medley	2:44.41	2:42.00	451	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
400 Individual Medley	5:44.55	5:39.40	459	20/05/17	Derventio Excel 1st May Meet	Sheffield	EM170260	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.41	30.10	473	15/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
100 Freestyle	1:03.18	1:04.50	503	27/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
200 Freestyle	2:18.57	2:21.10	504	07/04/18	Gaw Spring Meet	Dunston	NE180771	3
400 Freestyle	4:57.35	5:02.00	470	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
800 Freestyle	10:25.27	10:34.50	445	21/10/16	Middlesbrough Halloween Open Meet	Middlesbrough	NE161170	2
50 Breaststroke	34.48	35.40	557	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Breaststroke	1:17.46	1:19.10	521	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Breaststroke	2:44.82	2:48.00	544	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
50 Butterfly	31.49	32.10	464	27/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
100 Butterfly	1:10.49	1:11.60	450	06/01/18	Billingham ASC New Year Meet	Billingham	NE180003	3
200 Butterfly	2:49.51	2:51.40	351	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Backstroke	33.30	33.90	435	19/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
100 Backstroke	1:13.73	1:14.80	412	27/04/19	South Tyneside Spring Meet 2019	South Shields	NE191608	3
200 Backstroke	2:43.66	2:45.70	383	16/07/16	GAW Summer Invitation Meet	Dunston	NE161582	4
200 Individual Medley	2:36.50	2:39.00	472	14/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
400 Individual Medley	5:38.57	5:43.70	447	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172050	2
100 Individual Medley	1:11.85	1:11.80	486	01/10/17	South Tyneside Autumn Meet	South Shields	NE172370	3