

# Individual Best Times (All Time)

Sam Ashcroft - (771982) - Newcastle SwimTeam

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.57	29.90	320	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
100 Freestyle	1:07.06	1:05.80	341	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Freestyle	2:17.74	2:15.20	406	12/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
400 Freestyle	5:10.89	5:06.30	354	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
1500 Freestyle	19:08.79	18:50.70	435	10/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
50 Breaststroke	49.51	48.90	143	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Breaststroke	1:43.68	1:42.50	165	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Butterfly	37.46	36.90	210	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Butterfly	1:29.03	1:28.20	171	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Backstroke	39.47	39.00	212	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Backstroke	1:17.31	1:16.30	297	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Backstroke	2:36.74	2:34.60	364	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
200 Individual Medley	3:04.79	3:02.60	234	05/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
400 Individual Medley	6:31.92	6:27.40	236	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.34	29.10	359	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Freestyle	1:02.72	1:04.00	365	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
200 Freestyle	2:16.65	2:19.20	384	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
400 Freestyle	5:16.53	5:20.90	301	20/04/13	South Tyneside SC April Spring Meet	Hebburn	NE3335	3
800 Freestyle	13:09.21	13:16.50	177	10/10/10	Co Newcastle Distance Meet	Newcastle	NE0877	4
1500 Freestyle	18:53.26	19:11.30	417	24/10/14	Chester le Street Junior Meet	Chester-le-Street	NE14219	3
50 Breaststroke	53.50	54.10	101	21/11/10	Newcastle Shrimp Meet	Newcastle	NE0895	4
100 Breaststroke	1:50.06	1:51.20	126	12/06/11	Derwentside Charity Meet	Stanley	NE1373	4
200 Breaststroke	4:03.63	4:05.80	119	12/12/10	Derwentside Xmas Cracker	Stanley	NE0852	4
50 Butterfly	31.42	32.00	331	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Butterfly	1:25.12	1:26.00	176	20/04/13	South Tyneside SC April Spring Meet	Hebburn	NE3335	3
200 Butterfly	3:56.87	3:58.20	91	15/05/10	Tynemouth Spring Gala	Tynemouth	NE0380	3
50 Backstroke	36.58	37.10	220	17/11/13	Borough of Stockton Winter Festival	Billingham	NE3706	3
100 Backstroke	1:11.82	1:12.90	304	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
200 Backstroke	2:33.79	2:35.90	324	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
200 Individual Medley	2:48.25	2:50.60	276	16/11/13	Borough of Stockton Winter Festival	Billingham	NE3706	3
400 Individual Medley	6:43.30	6:47.60	197	18/09/11	City of Newcastle Time Trials	Newcastle	NE1538	4
100 Individual Medley	1:19.19	1:19.20	240	17/11/13	Borough of Stockton Winter Festival	Billingham	NE3706	3