

# Individual Best Times (All Time)

Niamh O'rourke - (805842) - Swinton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.78	32.10	373	02/07/16	International Schwimmwettbewerb	Lunen	GBR373	1
100 Freestyle	1:11.11	1:09.90	384	02/07/16	International Schwimmwettbewerb	Lunen	GBR373	1
200 Freestyle	2:32.59	2:30.30	404	02/07/16	International Schwimmwettbewerb	Lunen	GBR373	1
50 Breaststroke	45.25	44.50	267	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM152306	4
100 Breaststroke	1:36.35	1:35.00	294	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
200 Breaststroke	3:21.45	3:18.80	318	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
50 Butterfly	35.49	35.00	326	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
100 Butterfly	1:20.17	1:19.20	331	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
200 Butterfly	3:03.24	3:01.50	293	02/07/16	International Schwimmwettbewerb	Lunen	GBR373	1
50 Backstroke	41.10	40.60	279	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
100 Backstroke	1:31.68	1:30.80	244	28/06/14	Lippepokalder Sparkasse Lunen	Lunen, Germany	GBR042	1
200 Individual Medley	2:55.18	2:52.90	373	03/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
400 Individual Medley	6:04.04	5:59.20	389	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.72	32.40	377	20/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
100 Freestyle	1:08.32	1:09.50	397	02/04/16	City of Salford Regionals Last Chance Saloon	Salford	NW160593	3
200 Freestyle	2:26.82	2:29.20	424	19/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
400 Freestyle	5:06.11	5:10.70	431	02/04/16	City of Salford Regionals Last Chance Saloon	Salford	NW160593	3
800 Freestyle	12:42.10	12:49.70	245	07/10/12	Central Lancs SA Warburton Age Groups	Salford	NW2310	3
1500 Freestyle	22:33.46	22:48.70	302	08/02/14	City of Salford Grand Prix 3 & 4	Broughton	NW4361	4
50 Breaststroke	43.47	44.20	277	31/10/15	City of Salford Potential Olympians 2015	Salford	NW150730	3
100 Breaststroke	1:32.96	1:34.30	301	17/10/15	Greater Manchester Autumn Meet 2015	Wigan	NW150441	3
200 Breaststroke	3:15.21	3:17.90	327	17/10/15	Greater Manchester Autumn Meet 2015	Wigan	NW150441	3
50 Butterfly	34.45	35.00	354	03/04/16	City of Salford Regionals Last Chance Saloon	Salford	NW160593	3
100 Butterfly	1:17.31	1:18.30	341	20/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
200 Butterfly	2:51.06	2:52.90	341	20/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
50 Backstroke	38.66	39.20	278	19/07/15	City of Salford Summer Spectacular	Salford	NW150729	3
100 Backstroke	1:21.36	1:22.30	307	17/09/16	City of Salford Club Championships	Salford	NW160715	4
200 Backstroke	2:56.06	2:57.90	308	17/10/15	Greater Manchester Autumn Meet 2015	Wigan	NW150441	3
200 Individual Medley	2:47.48	2:49.80	385	05/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160084	3
400 Individual Medley	5:55.89	6:00.80	385	01/11/15	City of Salford Potential Olympians 2015	Salford	NW150730	3
100 Individual Medley	1:38.18	1:38.20	190	13/10/12	City of Salford Grand Prix 1 2012	Salford	NW2592	4