

# Individual Best Times (All Time)

Angus Waugh - (812603) - Newcastle SwimTeam

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.32	24.50	563	24/01/15	Burns Open Meet 2015	Sheffield	NE150087	1
100 Freestyle	53.41	51.80	675	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Freestyle	1:55.49	1:52.50	688	28/07/15	British Summer Championships	Sheffield	ASA141	1
400 Freestyle	4:07.57	4:01.90	702	01/03/15	Northumberland & Durham County Championships	Sunderland	NE150631	1
1500 Freestyle	16:23.56	16:02.40	694	01/08/15	British Summer Championships	Sheffield	ASA141	1
100 Breaststroke	1:17.73	1:16.10	391	02/06/12	North East Region BAGCAT Championships	Sheffield	NER222	1
200 Breaststroke	3:04.13	3:01.20	316	17/03/12	Northumberland & Durham County Champs	Sunderland	CC2040	1
100 Butterfly	1:09.70	1:08.60	357	20/05/12	City of Sunderland ASC May Open Meet	Sunderland	NE2186	1
50 Backstroke	29.52	28.80	507	07/02/15	Northumberland & Durham County Championships	Sunderland	NE150630	1
100 Backstroke	1:01.46	1:00.10	591	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Backstroke	2:10.38	2:07.80	632	23/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Individual Medley	2:19.16	2:16.30	549	19/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.28	25.10	572	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	52.12	53.70	636	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
200 Freestyle	1:53.65	1:56.70	668	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
400 Freestyle	3:59.04	4:04.80	700	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
50 Breaststroke	30.97	32.00	522	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:20.47	1:22.00	324	01/04/12	City of Newcastle TT	Newcastle	NE2430	4
200 Breaststroke	3:06.63	3:09.40	266	11/12/11	Derwentside Christmas Cracker	Stanley	NE1658	4
50 Butterfly	27.06	27.70	519	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Butterfly	1:13.26	1:14.30	277	19/02/12	City of Newcastle Club Time Trials	Newcastle upon Tyne	NE2339	4
200 Butterfly	2:37.69	2:39.70	311	17/06/12	City of Newcastle TT	Newcastle	NE2430	4
50 Backstroke	28.45	29.10	469	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Backstroke	1:00.52	1:01.80	509	26/10/14	Middlesbrough Halloween Open Meet	Middlesbrough	NE14445	2
200 Backstroke	2:06.71	2:09.30	579	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	NER429	2
200 Individual Medley	2:18.37	2:21.20	497	17/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
400 Individual Medley	5:24.14	5:29.50	380	01/04/12	City of Newcastle TT	Newcastle	NE2430	4
100 Individual Medley	1:15.07	1:15.10	282	11/06/11	Derwentside Charity Meet	Stanley	NE1373	4