

Individual Best Times (All Time)

Rhiannon Roche - (817163) - South Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	3:13.72	3:11.90	197	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
50 Backstroke	51.17	50.80	144	02/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.26	38.80	215	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Freestyle	1:30.02	1:30.90	173	18/10/14	Tynemouth ASC Autumn Gala	Tynemouth	NE14444	3
200 Freestyle	2:53.50	2:55.50	257	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
400 Freestyle	6:17.35	6:21.10	230	19/04/15	South Tyneside ASC Spring Meet	South Shields	NE150616	3
50 Breaststroke	1:01.08	1:01.60	100	08/12/13	Derwentside ASC Christmas Cracker	Stanley	NE3702	3
50 Backstroke	45.67	46.10	169	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
200 Individual Medley	4:05.89	4:07.50	121	12/01/14	South Tyneside Sprint Meet	South Shields	NE4309	3