

# Individual Best Times (All Time)

## Grace Routledge - (830193) - Trafford Metro Bor SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.07	31.40	399	10/04/16	Richmond Dales Open Meet	Leeds	NE160001	1
100 Freestyle	1:10.15	1:08.90	400	30/01/16	Burns Open Meet 2016	Sheffield	NE160170	1
200 Freestyle	2:26.75	2:24.40	454	31/01/16	Burns Open Meet 2016	Sheffield	NE160170	1
400 Freestyle	4:59.40	4:54.70	485	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
800 Freestyle	10:23.57	10:14.20	469	18/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Breaststroke	49.21	48.60	208	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Breaststroke	1:54.65	1:53.50	175	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Butterfly	36.61	36.10	297	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
100 Butterfly	1:17.35	1:16.40	369	31/01/16	Burns Open Meet 2016	Sheffield	NE160170	1
200 Butterfly	2:46.02	2:44.10	394	07/02/16	Northumberland & Durham County Champs	Sunderland	NE160071	1
50 Backstroke	39.36	38.80	317	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Backstroke	1:24.43	1:23.50	313	01/11/14	City of Sunderland Firecracker Meet	Sunderland	NE14446	3
200 Backstroke	2:52.49	2:50.50	363	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
200 Individual Medley	2:56.18	2:53.90	366	09/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
400 Individual Medley	5:50.33	5:45.30	437	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.09	31.80	401	12/11/16	Borough of Stockton SS Winter Swimming Challenge	Billingham	NE162532	4
100 Freestyle	1:08.41	1:09.60	396	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
200 Freestyle	2:18.75	2:21.20	502	18/11/16	Tynemouth Winter Gala	Tynemouth	NE161575	3
400 Freestyle	4:48.62	4:53.40	514	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
800 Freestyle	10:20.69	10:29.90	455	09/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
50 Breaststroke	45.84	46.50	237	24/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Breaststroke	1:35.95	1:37.30	274	04/06/17	Derwentside 8th Annual Charity Swim Meet	Stanley	NE170152	3
200 Breaststroke	3:20.50	3:23.10	302	17/02/18	Durham City Valentines Gala	Durham	NE180142	3
50 Butterfly	35.47	36.00	324	05/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Butterfly	1:15.88	1:16.90	361	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
200 Butterfly	2:40.85	2:42.80	411	23/04/16	Chester le Street Annual Club Gala	Chester-le-Street	NE160684	3
50 Backstroke	37.30	37.80	310	03/06/17	Derwentside 8th Annual Charity Swim Meet	Stanley	NE170152	3
100 Backstroke	1:18.68	1:19.70	339	20/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	NE160354	3
200 Backstroke	2:39.87	2:41.90	411	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
200 Individual Medley	2:48.13	2:50.50	380	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
400 Individual Medley	5:46.67	5:51.70	416	14/01/17	Newcastle Swim Team County Qualifier Meet	South Shields	NE170148	3
100 Individual Medley	1:22.42	1:22.40	322	16/05/15	Wear Valley May Level 3 Meet	Bishop Auckland	NE150261	3