

Individual Best Times (All Time)

Thea Cowie - (891388) - North Tyneside SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.91	29.20	491	11/02/18	N & D 2018 Championships	Sunderland	NE180243	1
100 Freestyle	1:05.49	1:04.20	492	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
200 Freestyle	2:25.70	2:23.30	464	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1
50 Breaststroke	42.37	41.60	325	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Butterfly	31.87	31.30	450	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
100 Butterfly	1:15.93	1:14.90	390	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	NE170190	1
50 Backstroke	34.69	34.10	464	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Backstroke	1:14.05	1:13.00	464	20/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Backstroke	2:40.00	2:37.90	455	28/05/17	ASA North East Region Championships	Sunderland	NE170146	1
200 Individual Medley	2:47.09	2:44.70	430	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.50	30.20	469	16/09/17	Richmond Dales Back to School Gala	Middlesbrough	NE170819	3
100 Freestyle	1:04.34	1:05.60	476	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
200 Freestyle	2:18.51	2:21.00	505	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
400 Freestyle	5:05.00	5:09.60	436	25/03/18	North Tyneside Mad March Hare Extravaganza	Stanley Pool	NE180141	3
50 Breaststroke	41.04	41.80	330	25/03/18	North Tyneside Mad March Hare Extravaganza	Stanley Pool	NE180141	3
100 Breaststroke	1:29.69	1:31.10	336	14/10/18	Durham City Medley Challenge 2018	Durham	NE181094	3
50 Butterfly	32.18	32.80	434	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
100 Butterfly	1:14.74	1:15.80	378	16/10/16	DCASC Medley Challenge	Durham	NE161591	3
200 Butterfly	2:52.72	2:54.50	332	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
50 Backstroke	33.96	34.50	411	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Backstroke	1:12.31	1:13.40	437	14/10/18	Durham City Medley Challenge 2018	Durham	NE181094	3
200 Backstroke	2:38.50	2:40.60	422	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3
200 Individual Medley	2:39.62	2:42.10	444	25/03/18	North Tyneside Mad March Hare Extravaganza	Stanley Pool	NE180141	3
100 Individual Medley	1:16.92	1:16.90	396	25/03/17	North Tyneside Mad March Hare Extravaganza	Stanley	NE170005	3