

# Individual Best Times (All Time)

Niamh Ryan - (914315) - Redhill & Reigate SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.11	30.40	437	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Freestyle	1:06.42	1:05.10	471	07/04/18	Crawley Spring Open	Crawley	SE180013	1
200 Freestyle	2:21.83	2:19.40	503	25/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
400 Freestyle	5:00.38	4:55.70	481	26/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
50 Breaststroke	40.85	40.10	363	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Breaststroke	1:50.48	1:49.30	195	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
200 Breaststroke	3:48.85	3:46.50	217	06/10/13	Lis Hartley LC Opportunity Meet	Crawley	SE3139	3
50 Butterfly	32.02	31.40	444	29/05/16	ASA South East Region Swimming Championships	Crawley	SE160992	1
100 Butterfly	1:10.36	1:09.30	490	01/10/16	Lis Hartley LC Opportunity Meet 2016	Crawley	SE160448	3
200 Butterfly	2:38.02	2:36.00	458	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
50 Backstroke	37.17	36.60	377	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Backstroke	1:17.86	1:16.80	399	25/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170354	1
200 Individual Medley	2:48.63	2:46.30	418	09/04/16	Crawley Spring Open Meet 2016	Crawley	SE160037	3
400 Individual Medley	6:06.44	6:01.60	381	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.22	30.90	436	04/11/18	Dorking SC Open Meet	Dorking	SE182220	3
100 Freestyle	1:04.30	1:05.60	477	14/07/18	Dorking 100m Club Championships 2018	Dorking	SE181786	4
200 Freestyle	2:17.56	2:20.10	515	04/11/18	Dorking SC Open Meet	Dorking	SE182220	3
400 Freestyle	4:55.24	5:00.00	480	08/07/16	Crawley Club Championships	Crawley	SE161138	4
50 Breaststroke	40.19	41.00	351	10/12/17	S7C Santa's Splash & Dash 2017	Westcroft LC	LR171510	4
100 Breaststroke	1:27.90	1:29.30	357	14/07/18	Dorking 100m Club Championships 2018	Dorking	SE181786	4
50 Butterfly	31.45	32.00	465	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
100 Butterfly	1:09.43	1:10.50	471	23/10/16	ASA National County Teams Division 2	Sheffield	ASA152	2
200 Butterfly	2:36.22	2:38.20	448	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
50 Backstroke	36.23	36.80	338	10/12/17	S7C Santa's Splash & Dash 2017	Westcroft LC	LR171510	4
100 Backstroke	1:14.75	1:15.80	395	24/06/16	Crawley Club Championships	Crawley	SE161136	4
200 Individual Medley	2:37.75	2:40.20	460	08/12/18	National Arena Swimming League South R3 2018	Guildford Spectrum	SE182770	3
400 Individual Medley	5:57.40	6:02.30	380	06/12/14	Redhill & Reigate Long Distance Club Champs	Redhill	SE14605	4
100 Individual Medley	1:14.99	1:15.00	427	08/07/16	Crawley Club Championships	Crawley	SE161138	4