

Individual Best Times (All Time)

Fran Proctor - (951135) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.63	31.00	288	12/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
100 Freestyle	1:13.01	1:11.90	264	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
200 Freestyle	2:34.36	2:32.10	288	19/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
400 Freestyle	5:19.92	5:15.50	325	21/07/18	City of Sheffield Summer Meet 2018	Sheffield	NE180166	3
1500 Freestyle	21:17.79	21:01.50	316	18/01/19	City of Sunderland New Year Meet 2019	Sunderland	NE190293	1
50 Breaststroke	43.35	42.60	214	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Breaststroke	1:37.01	1:35.70	201	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
200 Breaststroke	3:23.91	3:21.30	233	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Butterfly	37.74	37.20	205	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
50 Backstroke	40.91	40.40	190	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Backstroke	1:32.46	1:31.60	173	23/07/17	City of Sheffield Summer Meet	Sheffield	NE170250	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.55	31.20	287	09/02/20	Durham City Valentine Gala	Durham	NE200299	3
100 Freestyle	1:07.13	1:08.40	298	08/02/20	Durham City Valentine Gala	Durham	NE200299	3
200 Freestyle	2:24.22	2:26.60	327	09/02/20	Durham City Valentine Gala	Durham	NE200299	3
400 Freestyle	5:06.01	5:10.60	333	09/02/20	Durham City Valentine Gala	Durham	NE200299	3
800 Freestyle	10:56.26	11:05.00	308	20/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
1500 Freestyle	20:05.50	20:22.50	346	13/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
50 Breaststroke	40.25	41.00	238	09/02/20	Durham City Valentine Gala	Durham	NE200299	3
100 Breaststroke	1:30.16	1:31.50	230	08/02/20	Durham City Valentine Gala	Durham	NE200299	3
200 Breaststroke	3:10.16	3:12.90	252	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
50 Butterfly	37.03	37.50	202	08/02/20	Durham City Valentine Gala	Durham	NE200299	3
100 Butterfly	1:39.68	1:40.40	110	21/09/17	City of Sunderland Club Championships 2017	Sunderland	NE172179	4
50 Backstroke	40.21	40.70	166	20/10/19	Middlesbrough ASC Halloween 2019 Meet	Middlesbrough	NE192242	2
100 Backstroke	1:26.11	1:27.00	176	09/11/19	Wear Valley ASC November Level 3 Meet 2019	Bishop Auckland	NE193113	3
200 Backstroke	3:00.11	3:02.00	201	13/05/18	Wear Valley May L3 Meet	Bishop Auckland	NE180001	3
200 Individual Medley	3:01.04	3:03.20	222	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
100 Individual Medley	1:25.08	1:25.10	194	13/05/18	Wear Valley May L3 Meet	Bishop Auckland	NE180001	3