

# Individual Best Times (All Time)

Katie Whitehead - (953433) - South Holderness SC

## Long Course

| Stroke           | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue     | Licence  | Level |
|------------------|---------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle     | 39.56   | 39.00           | 212       | 15/03/14 | Yorkshire County Championships              | Sheffield | CC4069   | 1     |
| 100 Freestyle    | 1:16.58 | 1:15.50         | 307       | 03/12/16 | Bo Barnsley 21st Annual Christmas Sprint    | Sheffield | NE160960 | 3     |
| 50 Breaststroke  | 52.46   | 51.90           | 171       | 21/09/14 | City of Sheffield 32nd Annual Teaspoon Gala | Sheffield | NE4318   | 3     |
| 100 Breaststroke | 1:40.60 | 1:39.30         | 259       | 03/12/16 | Bo Barnsley 21st Annual Christmas Sprint    | Sheffield | NE160960 | 3     |
| 200 Breaststroke | 3:54.44 | 3:52.20         | 201       | 22/02/15 | Yorkshire County Championships              | Leeds     | NE150623 | 1     |
| 50 Butterfly     | 37.37   | 36.90           | 279       | 03/12/16 | Bo Barnsley 21st Annual Christmas Sprint    | Sheffield | NE160960 | 3     |
| 100 Butterfly    | 1:29.83 | 1:29.00         | 235       | 09/07/16 | Richmond Dales Summer Madness Gala          | Leeds     | NE160287 | 3     |
| 200 Butterfly    | 3:33.01 | 3:31.50         | 187       | 13/02/16 | Yorkshire County Championships              | Leeds     | NE160069 | 1     |
| 50 Backstroke    | 51.75   | 51.40           | 139       | 21/09/14 | City of Sheffield 32nd Annual Teaspoon Gala | Sheffield | NE4318   | 3     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet   | Venue               | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|---------------------|----------|-------|
| 50 Freestyle          | 33.31    | 33.90           | 326       | 15/10/17 | Hull & District ASA Club Championships       | Ennerdale           | NE170711 | 4     |
| 100 Freestyle         | 1:13.90  | 1:15.00         | 314       | 16/07/17 | Hull & District ASA Club Championships       | Beverley            | NE170710 | 4     |
| 200 Freestyle         | 2:49.18  | 2:51.20         | 277       | 25/09/16 | Hull & District ASA Gala No 3                | Hull                | NE160291 | 4     |
| 400 Freestyle         | 5:41.47  | 5:45.60         | 310       | 26/11/17 | SHSC Club Championships - Gala 5             | South Holderness    | NE170922 | 4     |
| 800 Freestyle         | 11:56.46 | 12:04.50        | 295       | 07/01/18 | SHSC Winter No Frills Gala                   | South Holderness SC | NE180531 | 4     |
| 50 Breaststroke       | 44.28    | 45.00           | 262       | 15/10/17 | Hull & District ASA Club Championships       | Ennerdale           | NE170711 | 4     |
| 100 Breaststroke      | 1:35.06  | 1:36.40         | 282       | 21/05/17 | SHSC Club Championships - Gala 2             | South Holderness    | NE170919 | 4     |
| 200 Breaststroke      | 3:27.57  | 3:30.10         | 272       | 25/06/17 | South Holderness Club Championships - Gala 3 | South Holderness    | NE170920 | 4     |
| 50 Butterfly          | 35.94    | 36.50           | 312       | 24/09/17 | Doncaster Dartes September Sprints           | Beverley            | NE171513 | 3     |
| 100 Butterfly         | 1:23.70  | 1:24.60         | 269       | 15/10/17 | Hull & District ASA Club Championships       | Ennerdale           | NE170711 | 4     |
| 200 Butterfly         | 3:07.08  | 3:08.80         | 261       | 21/05/17 | SHSC Club Championships - Gala 2             | South Holderness    | NE170919 | 4     |
| 50 Backstroke         | 41.50    | 42.00           | 225       | 11/12/16 | South Holderness Club Championships 2016     | South Holderness    | NE161001 | 4     |
| 100 Backstroke        | 1:27.70  | 1:28.60         | 245       | 17/12/17 | SHSC Club Championships - Gala 6             | South Holderness    | NE170923 | 4     |
| 200 Backstroke        | 3:01.08  | 3:02.90         | 283       | 12/11/17 | SHSC Club Championships - Gala 4             | South Holderness    | NE170921 | 4     |
| 200 Individual Medley | 2:57.99  | 3:00.20         | 320       | 26/11/17 | SHSC Club Championships - Gala 5             | South Holderness    | NE170922 | 4     |
| 400 Individual Medley | 6:27.27  | 6:31.80         | 298       | 17/12/17 | SHSC Club Championships - Gala 6             | South Holderness    | NE170923 | 4     |
| 100 Individual Medley | 1:21.05  | 1:21.10         | 338       | 24/09/17 | Doncaster Dartes September Sprints           | Beverley            | NE171513 | 3     |