

Individual Best Times (All Time)

Grace Russell - (969311) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.61	29.90	458	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
100 Freestyle	1:07.03	1:05.80	459	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
200 Freestyle	2:24.16	2:21.70	479	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
400 Freestyle	5:03.03	4:58.40	468	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Breaststroke	42.32	41.60	327	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
100 Breaststroke	1:28.59	1:27.20	379	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
200 Breaststroke	3:24.26	3:21.70	305	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Butterfly	31.49	30.90	466	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Butterfly	1:08.04	1:06.90	542	03/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Butterfly	2:27.29	2:25.10	565	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
50 Backstroke	35.01	34.40	451	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Backstroke	1:14.49	1:13.40	455	02/02/19	Yorkshire County Championships	Leeds	NE190127	1
200 Backstroke	2:40.35	2:38.30	452	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Individual Medley	2:38.50	2:36.00	503	04/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:04.39	1:05.70	475	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	EM181185	2
200 Freestyle	2:17.82	2:20.30	512	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	EM180707	2
400 Freestyle	4:52.58	4:57.30	494	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
50 Breaststroke	42.11	42.90	305	22/04/18	Borough of Kirklees Spring Open Meet	Huddersfield	NE180621	3
100 Breaststroke	1:28.26	1:29.70	352	26/10/20	Rotherham Metro Swimming Club	Maltby Leisure Centr	LEX048	0
200 Breaststroke	3:10.02	3:12.80	355	04/06/21	Rotherham	Maltby	LEX1636	0
50 Butterfly	31.36	32.00	469	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
100 Butterfly	1:08.11	1:09.20	499	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
200 Butterfly	2:28.01	2:30.10	527	04/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
50 Backstroke	33.46	34.10	429	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Backstroke	1:11.99	1:13.10	443	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
200 Backstroke	2:40.99	2:43.00	403	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170734	3
200 Individual Medley	2:28.79	2:31.40	549	05/10/19	LVSC Short Course Meet 2019	Sheffield	EM191407	2
400 Individual Medley	5:42.77	5:47.90	431	05/07/21	Rotherham Metro	Maltby	LEX2973	0
100 Individual Medley	1:15.96	1:16.00	411	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3