

# Individual Best Times (All Time)

Evie-Rose Sugden - (1300102) - Carlisle Aquatics - 50 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.71	416	H	16/07/22	Carlisle Farewell to the Pools Invitational Gala	Carlisle	Carlisle Aq	4
30.83	411	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
31.09	401	H	04/02/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
31.24	395	H	05/02/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
31.26	394	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Carlisle Aq	3
31.51	385	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
31.51	385	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
31.62	381	H	03/12/23	Cumbria Winter Meet L3 2023	Copeland	Carlisle Aq	3
31.83	373	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
31.86	372	F	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
32.05	366	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
32.08	365	H	17/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	Carlisle Aq	3
32.24	359	H	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	Carlisle Aq	3
32.29	358	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
32.81	341	H	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
33.31	326	H	02/08/21	Carlisle Aquatics	The Pools	Carlisle Aq	0
34.58	291	H	07/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	Penrith	3
34.77	286	H	01/12/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	Penrith	3
35.06	279	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
35.98	258	H	24/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
36.51	247	H	10/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
36.79	242	H	09/03/19	25th Bill & Monica Griffin Gala	Whitehaven	Penrith	3
38.34	213	H	25/11/18	Penrith Club Championships	Penrith	Penrith	4
38.89	204	H	11/11/18	Penrith Club Championships	Penrith	Penrith	4
40.38	183	H	23/06/18	Kendal Mint Open Gala 2018	Kendal	Penrith	3
40.78	177	H	09/06/18	23rd Copeland Graded Gala	Whitehaven	Penrith	3
40.83	152	H	10/03/18	24th Bill & Monica Griffin Gala	Whitehaven	Penrith	3

42.92	132	H	10/03/18	24th Bill & Monica Griffin Gala	Whitehaven	Penrith	3
45.66	126	H	26/11/17	Penrith Club Championships	Penrith	Penrith	4
45.89	124	H	25/11/17	Carlisle 2017 Sprints & Medley Open Meet	Carlisle	Penrith	3
47.28	114	H	28/10/17	Barrow Halloween Sprint Meet 2017	Barrow-in-Furness	Penrith	3
51.94	86	H	26/11/16	Carlisle Aquatics 2016 Sprints & Medley Open Meet	Carlisle	Penrith	3
52.94	81	H	27/11/16	Penrith Club Championships	Penrith	Penrith	4
53.70	77	H	11/03/17	23rd Bill & Monica Griffin Gala	Whitehaven	Penrith	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.62	381	H	03/12/23	Cumbria Winter Meet L3 2023	Copeland	Carlisle Aq	3
31.51	385	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
31.86	372	F	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
32.81	341	H	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
31.51	385	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
31.26	394	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Carlisle Aq	3
31.09	401	H	04/02/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
31.83	373	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
30.71	416	H	16/07/22	Carlisle Farewell to the Pools Invitational Gala	Carlisle	Carlisle Aq	4
30.83	411	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
31.24	395	H	05/02/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
32.29	358	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
32.05	366	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
32.24	359	H	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	Carlisle Aq	3
32.08	365	H	17/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	Carlisle Aq	3
33.31	326	H	02/08/21	Carlisle Aquatics	The Pools	Carlisle Aq	0
34.58	291	H	07/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	Penrith	3
35.06	279	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
34.77	286	H	01/12/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle	Penrith	3
35.98	258	H	24/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
36.51	247	H	10/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
36.79	242	H	09/03/19	25th Bill & Monica Griffin Gala	Whitehaven	Penrith	3
38.34	213	H	25/11/18	Penrith Club Championships	Penrith	Penrith	4
38.89	204	H	11/11/18	Penrith Club Championships	Penrith	Penrith	4
40.38	183	H	23/06/18	Kendal Mint Open Gala 2018	Kendal	Penrith	3
40.78	177	H	09/06/18	23rd Copeland Graded Gala	Whitehaven	Penrith	3
42.92	152	H	10/03/18	24th Bill & Monica Griffin Gala	Whitehaven	Penrith	3
45.66	126	H	26/11/17	Penrith Club Championships	Penrith	Penrith	4
45.89	124	H	25/11/17	Carlisle 2017 Sprints & Medley Open Meet	Carlisle	Penrith	3
47.28	114	H	28/10/17	Barrow Halloween Sprint Meet 2017	Barrow-in-Furness	Penrith	3
53.70	77	H	11/03/17	23rd Bill & Monica Griffin Gala	Whitehaven	Penrith	3
52.94	81	H	27/11/16	Penrith Club Championships	Penrith	Penrith	4
51.94	86	H	26/11/16	Carlisle Aquatics 2016 Sprints & Medley Open Meet	Carlisle	Penrith	3