

Individual Best Times (All Time)

Niamh Boulding - (1116233) - Borough of Kirklees SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.52	27.80	567	06/04/19	Manchester Open 2019	Manchester	NW190308	1
100 Freestyle	1:01.61	1:00.20	591	09/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
200 Freestyle	2:21.06	2:18.60	512	15/04/17	City of Leeds National Qualifier 2017	Leeds	NE170153	1
400 Freestyle	5:01.90	4:57.20	473	24/04/16	City of Leeds National Qualifying Meet 2016	Leeds	NE160164	1
50 Breaststroke	46.14	45.50	252	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Breaststroke	1:37.08	1:35.80	288	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
50 Butterfly	29.40	28.70	573	05/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
100 Butterfly	1:06.53	1:05.40	579	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
50 Backstroke	32.71	32.10	553	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Backstroke	1:11.82	1:10.70	508	12/01/20	City of Sunderland New Year Meet 2020	Sunderland	NE200306	1
200 Backstroke	2:42.87	2:40.80	432	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Individual Medley	2:50.22	2:47.90	406	28/11/15	City of Sheffield Snow Frills Meet	Sheffield	NE150210	3
400 Individual Medley	6:07.75	6:02.90	377	01/05/15	Doncaster Darts May Day Meet	Leeds	NE150570	3

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50 Freestyle	27.44	28.20	583	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	NW211315	2
100 Freestyle	1:00.35	1:01.70	577	12/06/21	Borough of Kirkless	Huddersfield	LEX1779	0
200 Freestyle	2:15.84	2:18.40	535	12/06/21	Borough of Kirkless	Huddersfield	LEX1779	0
400 Freestyle	4:44.97	4:49.90	534	12/06/21	Borough of Kirkless	Huddersfield	LEX1779	0
50 Breaststroke	44.25	45.00	263	12/07/15	Wirral Metro Summer Open Meet	Birkenhead	NW150166	3
100 Breaststroke	1:38.98	1:40.20	250	11/10/14	Yorkshire Winter Championships	Sheffield	NE14602	2
50 Butterfly	29.56	30.20	561	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
100 Butterfly	1:05.86	1:07.00	552	10/10/21	Yorkshire Winter Champs	Leeds	NE210309	2
200 Butterfly	2:32.50	2:34.60	482	12/06/21	Borough of Kirkless	Huddersfield	LEX1779	0
50 Backstroke	31.62	32.20	509	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Backstroke	1:09.24	1:10.40	498	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Backstroke	2:43.14	2:45.20	387	18/10/15	Borough of Kirklees Championship Series	Huddersfield	NE151543	4
200 Individual Medley	2:41.52	2:43.90	429	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
400 Individual Medley	6:20.30	6:24.90	315	02/11/14	Borough of Kirklees SC Championship	Huddersfield	NE4565	4
100 Individual Medley	1:29.10	1:29.10	255	27/10/13	South Axholme Sharks Halloween Open	Beverley	NE3422	3