

# Individual Best Times (All Time)

Douglas Andrew - (39835) - East Anglian Swallow Tails

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                      | Venue          | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------|----------------|---------|-------|
| 50 Freestyle          | 27.41   | 26.60           | 443       | 04/05/08 | South East Region Youths  | Aldershot      | SER822  | 1     |
| 100 Freestyle         | 59.39   | 58.00           | 491       | 10/04/08 | Scottish Age Group Champs | Glasgow        | SCO294  | 1     |
| 200 Freestyle         | 2:26.95 | 2:24.60         | 334       | 14/04/06 | Crawley Spring Meet       | Crawley        | SE6123  | 2     |
| 400 Freestyle         | 5:59.78 | 5:55.80         | 228       | 09/03/03 | Surrey County LC Champs   | Crystal Palace | CTY216  | 1     |
| 50 Butterfly          | 27.77   | 27.10           | 515       | 23/02/14 | BUCS Long Course 2014     | Sheffield      | BUC009  | 1     |
| 100 Butterfly         | 1:04.98 | 1:03.80         | 440       | 11/04/08 | Scottish Age Group Champs | Glasgow        | SCO294  | 1     |
| 200 Butterfly         | 3:37.13 | 3:35.70         | 131       | 16/03/03 | Surrey County LC Champs   | Crystal Palace | CTY216  | 1     |
| 50 Backstroke         | 42.66   | 42.20           | 168       | 10/03/02 | Surrey County LC Champs   | Crystal Palace | CTY171  | 1     |
| 200 Backstroke        | 3:06.27 | 3:04.50         | 216       | 09/03/03 | Surrey County LC Champs   | Crystal Palace | CTY216  | 1     |
| 200 Individual Medley | 3:03.61 | 3:01.40         | 239       | 08/05/04 | Beckenham Open Meet 2004  | Crystal Palace | L2S106  | 1     |
| 400 Individual Medley | 6:51.79 | 6:47.50         | 204       | 09/02/03 | Surrey County LC Champs   | Crystal Palace | CTY216  | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                   | Venue      | License | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------|------------|---------|-------|
| 50 Freestyle          | 25.56   | 26.40           | 490       | 07/12/13 | BUCS Short Course 2013                 | Sheffield  | BUC008  | 2     |
| 100 Freestyle         | 56.81   | 58.30           | 491       | 08/07/12 | Dorking SC Club Championships          | Dorking    | SE2369  | 4     |
| 200 Freestyle         | 2:28.71 | 2:31.00         | 298       | 15/02/04 | Surrey County Championships            | Guildford  | CCS011  | 2     |
| 50 Breaststroke       | 42.98   | 43.70           | 195       | 05/02/05 | Surrey County Championships            | Guildford  | CCS548  | 2     |
| 100 Breaststroke      | 1:17.12 | 1:18.70         | 368       | 07/07/12 | Dorking SC Club Championships          | Dorking    | SE2369  | 4     |
| 200 Breaststroke      | 3:30.74 | 3:33.20         | 185       | 07/02/04 | Surrey County Championships            | Guildford  | CCS011  | 2     |
| 50 Butterfly          | 28.12   | 28.80           | 462       | 03/11/12 | BUCS Swimming (25m) Championships 2012 | Sheffield  | BUC006  | 2     |
| 100 Butterfly         | 1:01.96 | 1:03.20         | 458       | 13/11/10 | British University Champs              | Sheffield  | BUC002  | 2     |
| 200 Butterfly         | 3:25.98 | 3:27.50         | 139       | 16/11/02 | Haslemere Open Meet                    | The Herons | DMS120  | 2     |
| 50 Backstroke         | 39.07   | 39.60           | 181       | 14/02/04 | Surrey County Championships            | Guildford  | CCS011  | 2     |
| 100 Backstroke        | 1:07.81 | 1:09.00         | 362       | 07/07/12 | Dorking SC Club Championships          | Dorking    | SE2369  | 4     |
| 200 Backstroke        | 2:54.05 | 2:56.00         | 223       | 21/02/04 | Surrey County Championships            | Guildford  | CCS011  | 2     |
| 200 Individual Medley | 2:53.93 | 2:56.20         | 250       | 07/02/04 | Surrey County Championships            | Guildford  | CCS011  | 2     |
| 100 Individual Medley | 1:06.14 | 1:06.10         | 413       | 01/03/08 | Surrey County Champs                   | Guildford  | CC8033  | 2     |