

Individual Best Times (All Time)

Jonathan Grout - (1144373) - Satellite of Macclesfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	42.86	42.40	116	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
50 Breaststroke	59.05	58.50	84	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
50 Backstroke	49.88	49.50	105	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.48	31.20	289	25/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	NW160509	3
100 Freestyle	1:09.68	1:10.90	266	26/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	NW160509	3
200 Freestyle	2:51.65	2:53.70	194	19/09/15	City of Stoke on Trent B Grade Open Meet	Stoke on Trent	WM150901	3
400 Freestyle	6:38.39	6:41.90	151	17/09/14	Satellites of Macclesfield Club Championships	Macclesfield	NW14125	4
50 Breaststroke	40.16	40.90	239	17/12/16	Swim Trafford Swim Team 10th Anniversary Meet	Stretford	NW161404	3
100 Breaststroke	1:39.86	1:41.10	169	18/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield	NW150328	3
200 Breaststroke	3:40.24	3:42.60	162	19/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield	NW150328	3
100 Butterfly	1:55.30	1:56.00	71	15/07/15	Satellites Club Championships	Macclesfield	NW151561	4
50 Backstroke	35.86	36.40	234	26/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	NW160509	3
100 Backstroke	1:17.45	1:18.50	242	17/12/16	Swim Trafford Swim Team 10th Anniversary Meet	Stretford	NW161404	3
200 Backstroke	2:52.71	2:54.60	228	26/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	NW160509	3
200 Individual Medley	3:55.88	3:57.60	100	22/06/14	Satellites of Macclesfield Time Trials	Macclesfield	NW4715	4
100 Individual Medley	1:20.50	1:20.50	229	17/12/16	Swim Trafford Swim Team 10th Anniversary Meet	Stretford	NW161404	3