

Individual Best Times (All Time)

Roan Cappleman - (1153134) - Richmond Dales ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.83	25.00	530	24/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
100 Freestyle	57.87	56.40	530	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
200 Freestyle	2:06.54	2:03.80	523	25/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
400 Freestyle	4:36.00	4:30.90	506	01/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1
800 Freestyle	9:41.47	9:31.40	470	12/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220163	1
1500 Freestyle	18:32.29	18:13.60	480	09/02/18	N & D 2018 Championships	Sunderland	NE180243	1
50 Breaststroke	35.19	34.30	401	26/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220164	1
50 Butterfly	28.75	28.10	464	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
100 Butterfly	1:05.66	1:04.50	427	24/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	NE210265	1
200 Butterfly	2:56.34	2:54.50	244	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
50 Backstroke	36.49	35.90	268	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
100 Backstroke	1:17.58	1:16.50	294	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Backstroke	2:35.49	2:33.30	372	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
200 Individual Medley	2:26.57	2:23.90	470	26/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220164	1
400 Individual Medley	5:28.09	5:22.70	403	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.23	26.00	510	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Freestyle	56.52	58.00	499	07/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	NE192243	3
200 Freestyle	2:02.30	2:05.10	536	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
400 Freestyle	4:28.66	4:33.80	493	30/09/18	Richmond Dales Back to School Gala	Middlesbrough	NE182120	2
1500 Freestyle	17:49.29	18:08.40	496	21/10/21	Richmond Dales ASC Autumn Time Trial	Richmond	NE211277	4
50 Breaststroke	33.01	33.90	431	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Breaststroke	1:16.90	1:18.50	371	19/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
200 Breaststroke	2:59.83	3:02.70	298	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	NE190122	3
50 Butterfly	27.86	28.50	475	06/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	NE210917	2
100 Butterfly	1:04.10	1:05.30	414	11/12/21	Middlesbrough Christmas 2021 Meet	Middlesbrough	NE211080	3
200 Butterfly	2:31.00	2:33.10	354	24/06/21	Richmond Dales ASC	Richmond	LEX2435	0
50 Backstroke	32.53	33.10	313	17/12/20	Richmond Dales	Richmond	LEX767	0
100 Backstroke	1:08.30	1:09.50	354	13/05/21	Richmond Dales	Richmond	LEX1053	0
200 Backstroke	2:28.20	2:30.40	362	24/06/21	Richmond Dales ASC	Richmond	LEX2435	0
200 Individual Medley	2:22.34	2:25.10	456	19/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	NE210405	3
400 Individual Medley	5:04.62	5:10.30	458	02/07/21	Richmond Dales	Richmond	LEX2832	0
100 Individual Medley	1:05.44	1:05.40	427	17/10/21	BOSSS Winter Swim Festival 2021	Billingham	NE210842	2