Individual Best Times (All Time)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.40	25.60	496	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Freestyle	58.85	57.40	504	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Freestyle	2:09.15	2:06.40	492	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:33.45	4:28.30	521	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
800 Freestyle	9:26.77	9:16.50	507	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
1500 Freestyle	19:00.20	18:42.00	445	21/01/23	Warwickshire Swimming Championships 2023	Coventry	WM230052	1
50 Breaststroke	37.75	36.90	324	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4
50 Butterfly	30.79	30.20	378	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
50 Backstroke	33.58	33.00	344	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
100 Backstroke	1:16.09	1:15.00	311	02/07/22	City of Coventry SC Graham Sykes Meet 2022	Coventry	WM220693	3
200 Individual Medley	2:34.56	2:32.00	401	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.70	26.50	482	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
100 Freestyle	57.52	59.00	473	17/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
200 Freestyle	2:07.60	2:10.30	472	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
400 Freestyle	4:30.85	4:36.00	481	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
800 Freestyle	9:23.47	9:33.60	487	08/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
1500 Freestyle	18:46.72	19:04.90	424	01/10/22	Coventry & District ASC October Swim Meet	Coventry	WM221156	3
50 Breaststroke	37.31	38.10	299	07/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
50 Butterfly	30.10	30.70	377	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Butterfly	1:16.66	1:17.60	242	03/04/22	Co Coventry SC John Hughes Regional Qualifier L3	Coventry	WM220263	3
50 Backstroke	32.16	32.80	324	03/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
100 Backstroke	1:10.76	1:11.90	318	14/10/23	National Arena Swim League WM Premier Div Rd 1	Perdiswell LC	WM231833	4
200 Individual Medley	2:32.58	2:35.10	370	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
100 Individual Medley	1:27.60	1:27.60	178	09/05/21	City of Coventry	Alan Higgs	LEX1166	0

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