

# Individual Best Times (All Time)

Robin Douglas - (1225305) - Peel Swimming Club (IOM)

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.34	28.60	521	12/03/23	Derventio eXcel Early March Meet 2023	Sheffield	EM230151	1
100 Freestyle	1:05.22	1:03.90	498	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
200 Freestyle	2:30.60	2:28.30	420	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
400 Freestyle	5:20.01	5:15.60	397	16/07/16	Doncaster Darts End of Season Long Course Meet	Leeds	NE160598	3
50 Breaststroke	45.42	44.70	264	06/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3
50 Butterfly	30.63	30.00	507	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Butterfly	1:10.41	1:09.30	489	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
200 Butterfly	2:50.88	2:49.00	362	13/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
50 Backstroke	35.37	34.80	437	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
100 Backstroke	1:17.42	1:16.40	406	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
200 Backstroke	2:52.28	2:50.30	365	28/01/17	Lancashire County Championships	Manchester	NW170199	1
200 Individual Medley	2:51.96	2:49.60	394	28/01/17	Lancashire County Championships	Manchester	NW170199	1
400 Individual Medley	6:02.20	5:57.30	395	07/05/17	Rotherham Metro Springtime Long Course Meet	Sheffield	NE170390	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.50	29.20	520	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
100 Freestyle	1:03.57	1:04.90	493	22/07/23	Utmost Sprints Gala July 2023	Douglas, IOM	NW231812	3
200 Freestyle	2:20.95	2:23.40	479	21/01/17	Isle of Man Utmost Wealth Solutions Series 2017	Douglas	NW170523	3
400 Freestyle	5:04.76	5:09.30	437	19/11/16	Isle of Man November Championships	Douglas	NW162434	2
800 Freestyle	10:19.45	10:28.70	457	16/11/16	Isle of Man November Championships	Douglas	NW162433	2
50 Breaststroke	41.84	42.60	311	03/12/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172641	3
100 Breaststroke	1:32.06	1:33.40	310	26/11/16	Isle of Man November Championships	Douglas	NW162436	2
50 Butterfly	29.43	30.10	568	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
100 Butterfly	1:06.50	1:07.60	536	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
200 Butterfly	2:36.93	2:38.90	442	13/07/23	NatWest International Island Games XIX	Guernsey	GBR2087	2
50 Backstroke	32.03	32.70	489	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
100 Backstroke	1:11.88	1:13.00	445	24/03/18	Utmost Wealth Solutions League Series 2018 - IOM	Douglas, Isle of Man	NW180554	3
200 Backstroke	2:39.54	2:41.60	414	25/11/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172639	3
200 Individual Medley	2:40.59	2:43.00	436	24/03/18	Utmost Wealth Solutions League Series 2018 - IOM	Douglas, Isle of Man	NW180554	3
400 Individual Medley	5:45.34	5:50.40	421	06/12/17	Utmost Wealth Solutions Isle of Man Championships	Douglas	NW172642	3
100 Individual Medley	1:13.24	1:13.20	459	22/07/23	Utmost Sprints Gala July 2023	Douglas, IOM	NW231812	3