

# Individual Best Times (All Time)

Arron Simpson - (1274709) - Long Eaton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.41	26.60	443	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Freestyle	58.92	57.50	503	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
200 Freestyle	2:11.25	2:08.60	469	11/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
400 Freestyle	4:48.35	4:43.40	444	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
800 Freestyle	9:58.92	9:49.20	430	08/04/23	SE East Midlands Region Distance Time Trial 2023	Loughborough	EM230556	1
50 Breaststroke	37.68	36.80	326	05/06/22	Nova Centurion SC June Sprint Meet	Nottingham	EM220529	3
100 Breaststroke	1:58.52	1:57.40	110	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
50 Butterfly	29.51	28.90	429	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
100 Butterfly	1:09.80	1:08.70	355	23/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
50 Backstroke	31.66	31.00	411	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Backstroke	1:07.77	1:06.60	441	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
200 Backstroke	2:25.31	2:23.00	456	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Individual Medley	2:35.03	2:32.50	397	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.20	27.00	455	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
100 Freestyle	56.68	58.10	495	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
200 Freestyle	2:04.59	2:07.30	507	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
400 Freestyle	4:34.69	4:39.70	461	14/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
800 Freestyle	10:10.08	10:19.50	383	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
1500 Freestyle	19:01.94	19:19.90	407	20/11/22	Long Eaton SC Distance County Qualifier 2022	Long Eaton	EM222353	4
50 Breaststroke	35.93	36.80	334	03/12/22	Chesterfield SC Winter Open Championships 2022	Matlock	EM222543	4
100 Breaststroke	1:43.56	1:44.80	152	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
200 Breaststroke	3:52.29	3:54.60	138	17/12/17	Chesterfield Winter Open Championships	Matlock	EM172301	3
50 Butterfly	29.03	29.70	420	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
100 Butterfly	1:06.78	1:07.90	366	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
200 Butterfly	2:52.28	2:54.10	238	18/12/22	Long Eaton SC County Qualifier Meet 2022	Long Eaton	EM222121	4
50 Backstroke	30.58	31.20	377	23/06/24	Long Eaton Summer Meet 2024	Matlock	EM240519	3
100 Backstroke	1:05.50	1:06.70	401	16/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
200 Backstroke	2:18.26	2:20.60	445	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
200 Individual Medley	2:29.00	2:31.60	398	03/12/22	Chesterfield SC Winter Open Championships 2022	Matlock	EM222543	4
400 Individual Medley	5:21.78	5:27.20	388	12/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
100 Individual Medley	1:07.34	1:07.30	391	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2