

Individual Best Times (All Time)

Ross Gunning - (1336822) - Newcastle (Staffs) ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.44	24.60	555	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	57.96	56.50	528	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
200 Freestyle	2:18.62	2:16.10	398	22/01/22	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE220033	3
50 Breaststroke	33.50	32.60	464	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Breaststroke	1:18.26	1:16.60	383	25/11/23	City of Sheffield SS Snow Frills Meet 2023	Sheffield	NE231713	3
50 Butterfly	28.73	28.10	465	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
50 Backstroke	31.64	31.00	412	21/01/24	Staffordshire ASA County Championships 2024	Sandwell	WM240059	1
100 Backstroke	1:12.99	1:11.90	353	27/11/22	City of Sheffield Swim Squad Snow Frills 2022	Ponds Forge	NE221740	3
200 Individual Medley	2:43.80	2:41.40	337	23/01/22	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE220033	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.25	26.10	508	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
100 Freestyle	56.09	57.60	510	19/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
200 Freestyle	2:10.43	2:13.10	442	28/01/23	Staffordshire ASA Championships 2023	Stafford	WM230165	2
400 Freestyle	4:55.18	4:59.90	371	23/09/22	Newcastle Staffs Club Championships 2022	Jubilee 2	WM221600	4
800 Freestyle	10:24.07	10:33.30	358	09/10/22	Newcastle Staffs Club Championships 2022	Jubilee 2	WM221602	4
1500 Freestyle	20:14.94	20:31.80	338	16/09/22	Newcastle Staffs Club Championships 2022	Jubilee 2	WM221598	4
50 Breaststroke	32.84	33.80	438	22/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231634	3
100 Breaststroke	1:14.43	1:16.10	409	22/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
200 Breaststroke	2:49.45	2:52.50	356	10/09/23	Bakewell SC Open Meet 2023	Matlock	EM230872	3
50 Butterfly	28.67	29.30	436	23/06/24	Stafford Apex Summer Meet 2024	Stafford	WM240579	3
100 Butterfly	1:12.25	1:13.30	289	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3
50 Backstroke	31.24	31.90	354	07/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231633	3
100 Backstroke	1:07.96	1:09.10	359	12/02/23	Staffordshire ASA Championships 2023	Stafford	WM230167	2
200 Backstroke	2:29.69	2:31.90	351	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3
200 Individual Medley	2:29.21	2:31.80	396	16/10/22	North Midlands Annual Championships	Macclesfield	NW221396	3
400 Individual Medley	5:32.17	5:37.40	353	16/06/23	Newcastle Staffs SC Club Champs 2023	Newcastle under Lyme	WM231186	4
100 Individual Medley	1:05.74	1:05.70	421	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	WM230722	3