

Individual Best Times (All Time)

Lio Brown - (1349496) - Newport Pagnell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.01	32.40	365	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Freestyle	1:12.73	1:11.60	359	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
200 Freestyle	2:51.17	2:49.10	286	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Breaststroke	44.72	44.00	277	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
100 Breaststroke	1:53.31	1:52.20	181	27/04/19	Wycombe Long Course Sprint Meet	Wycombe	SE190550	3
50 Butterfly	35.95	35.40	313	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Butterfly	1:26.53	1:25.60	263	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Backstroke	37.12	36.60	378	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Backstroke	1:21.61	1:20.60	346	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Individual Medley	3:06.05	3:03.90	311	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.16	31.80	398	07/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
100 Freestyle	1:12.02	1:13.20	339	21/05/22	City of Milton Keynes Spring Meet 2022	Milton Keynes	SE220909	3
200 Freestyle	2:33.48	2:35.70	371	10/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240041	2
400 Freestyle	5:20.68	5:25.00	375	23/02/20	Newport Pagnell Club Champs or Progress Meets	Wolverton	SE200761	4
800 Freestyle	11:13.96	11:22.50	355	13/01/24	Oxfordshire & N Bucs County Championships 2024	Oxford	SE240038	2
50 Breaststroke	42.47	43.20	298	25/06/23	City of Leicester SC Summer Splash Open Meet 2023	Leicester	EM230553	3
100 Breaststroke	1:37.16	1:38.50	264	22/05/22	City of Milton Keynes Spring Meet 2022	Milton Keynes	SE220909	3
200 Breaststroke	3:37.94	3:40.40	235	05/10/19	Leicester Penguins Open Meet 2019	Braunstone	EM191954	3
50 Butterfly	34.10	34.70	365	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Butterfly	1:24.83	1:25.70	258	07/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
50 Backstroke	36.63	37.20	327	21/05/22	City of Milton Keynes Spring Meet 2022	Milton Keynes	SE220909	3
100 Backstroke	1:17.38	1:18.40	356	07/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
200 Backstroke	2:41.83	2:43.90	397	04/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240040	2
200 Individual Medley	2:51.04	2:53.30	361	03/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240040	2
100 Individual Medley	1:20.17	1:20.20	350	24/06/23	City of Leicester SC Summer Splash Open Meet 2023	Leicester	EM230553	3