

Individual Best Times (All Time)

Cian Richardson - (1394417) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.76	31.10	285	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
50 Butterfly	34.14	33.60	277	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
50 Backstroke	33.52	32.90	346	29/04/23	SE London Summer Championships 2023	Stratford	LR230510	1
200 Individual Medley	2:51.23	2:48.90	295	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	317	08/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
100 Freestyle	1:04.96	1:06.20	328	08/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Freestyle	2:25.12	2:27.50	321	18/03/23	Saxon Crown SC Spring Challenge 2023	Lewisham	LR230083	3
400 Freestyle	5:00.06	5:04.70	353	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
800 Freestyle	10:45.57	10:54.50	324	18/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231351	4
1500 Freestyle	20:08.03	20:25.00	344	19/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231349	4
50 Breaststroke	41.83	42.60	212	19/03/23	Saxon Crown SC Spring Challenge 2023	Lewisham	LR230083	3
100 Breaststroke	1:52.36	1:53.50	119	28/11/21	Black Lion SC Winter Open Meet 2021	Gillingham	SE210847	3
50 Butterfly	32.36	32.90	303	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
100 Butterfly	1:12.45	1:13.50	286	16/07/23	Bexley's Summer Sizzler 2023	Bexleyheath	LR230606	3
200 Butterfly	3:18.10	3:19.70	156	05/12/22	Saxon Crown Club Championships 2022	Lewisham	LR221841	4
50 Backstroke	32.43	33.00	316	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
100 Backstroke	1:09.68	1:10.80	333	08/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Backstroke	2:33.03	2:35.20	328	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Individual Medley	2:38.11	2:40.60	333	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
400 Individual Medley	5:43.78	5:48.90	318	26/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231350	4
100 Individual Medley	1:23.36	1:23.40	206	12/12/22	Saxon Crown Club Championships 2022	Lewisham	LR221842	4