

# Individual Best Times (All Time)

## Dan West - (142588) - Cardiff Masters

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.60	24.80	544	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Freestyle	57.22	55.70	549	05/05/13	BG South East Region Youth Champs	Crawley	SER301	1
200 Freestyle	3:12.04	3:10.20	149	21/10/06	Rushmoor Autumn Distance	Aldershot	SE6143	2
50 Breaststroke	34.26	33.30	434	11/03/12	Surrey County Championships	Guildford	CC2093	1
100 Breaststroke	1:27.32	1:25.90	276	22/01/11	Portsmouth Northsea Open Meet 2011	Portsmouth	SE1165	1
50 Butterfly	30.38	29.80	393	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
50 Backstroke	29.77	29.10	495	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Backstroke	1:06.95	1:05.70	457	04/05/13	BG South East Region Youth Champs	Crawley	SER301	1
200 Backstroke	2:43.18	2:41.10	322	22/01/11	Portsmouth Northsea Open Meet 2011	Portsmouth	SE1165	1
200 Individual Medley	3:44.38	3:42.60	131	25/02/06	Surrey County Champs	Crystal Palace	CC6087	2

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.64	26.40	486	18/09/16	Woking Club Championships	Woking	SE161600	4
100 Freestyle	56.97	58.40	487	15/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Freestyle	2:12.60	2:15.20	420	15/04/12	Swim Bournemouth 2nd Annual Open Meet	Littledown	SW2157	2
400 Freestyle	4:40.92	4:45.90	431	12/11/13	Woking SC Club Championships	Woking	SE3835	4
800 Freestyle	12:51.60	12:59.10	189	30/11/08	Woking Club Championships	Woking	SE8570	4
50 Breaststroke	33.19	34.10	424	18/09/16	Woking Club Championships	Woking	SE161600	4
100 Breaststroke	1:15.67	1:17.30	389	23/06/12	Surrey County ASA Development Meet	Surrey	LR2473	3
200 Breaststroke	2:55.79	2:58.80	319	21/11/10	Woking Club Champs	Woking	SE0708	4
50 Butterfly	29.69	30.30	393	25/11/12	Woking SC Club Championships	Woking	SE2801	4
100 Butterfly	1:07.75	1:08.90	350	10/11/13	Woking SC Club Championships	Woking	SE3835	4
200 Butterfly	2:54.03	2:55.80	231	09/10/11	Woking Club Championships	Woking	SE1625	4
50 Backstroke	29.24	29.90	432	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Backstroke	1:04.68	1:05.90	417	16/03/13	Surrey County Championships	Guildford	CC3041	2
200 Backstroke	2:28.31	2:30.50	361	21/10/12	Woking SC Club Championships	Woking	SE2801	4
200 Individual Medley	2:25.42	2:28.10	428	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
100 Individual Medley	1:08.59	1:08.60	370	21/10/12	Woking SC Club Championships	Woking	SE2801	4