

Individual Best Times (All Time)

Theo Gilham - (1445446) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.49	28.80	356	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	1:04.29	1:03.00	387	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:17.97	2:15.40	404	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:54.13	4:49.30	418	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
800 Freestyle	10:29.91	10:20.70	369	04/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
1500 Freestyle	20:00.37	19:43.00	382	24/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240096	1
50 Breaststroke	36.58	35.70	357	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Breaststroke	1:19.87	1:18.30	361	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Breaststroke	2:57.50	2:54.50	353	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
50 Butterfly	32.93	32.30	309	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Butterfly	1:13.55	1:12.50	303	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
200 Butterfly	3:07.07	3:05.40	205	20/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
50 Backstroke	34.62	34.00	314	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Backstroke	1:14.82	1:13.70	328	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
200 Backstroke	2:36.98	2:34.80	362	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Individual Medley	2:32.29	2:29.70	419	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
400 Individual Medley	5:31.24	5:25.90	392	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.87	30.60	307	03/03/24	Radford SC Dean Anscombe Open Meet	Derby	EM240487	3
100 Freestyle	1:04.56	1:05.80	335	03/03/24	Radford SC Dean Anscombe Open Meet	Derby	EM240487	3
200 Freestyle	2:18.42	2:20.90	369	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
400 Freestyle	5:02.10	5:06.70	346	18/11/23	Buxton 2nd Autumn Open Meet 2023	Matlock	EM231375	3
800 Freestyle	10:56.26	11:05.00	308	15/10/23	Matlock And District SC Autumn Open Meet 2023	Matlock	EM231565	3
1500 Freestyle	20:02.07	20:19.10	349	10/12/23	Arnold SC Ernehale Distance Meet 2023	Hucknall	EM231759	3
50 Breaststroke	37.04	37.90	305	15/06/24	Nottinghamshire ASA Stage 2 Gala	Worksop	EM240378	4
100 Breaststroke	1:19.14	1:20.70	340	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
200 Breaststroke	2:54.29	2:57.30	327	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
50 Butterfly	33.07	33.60	284	23/03/24	Nottinghamshire Sports Centre League Division 2	Hucknall	EM240396	4
100 Butterfly	1:15.40	1:16.40	254	03/03/24	Radford SC Dean Anscombe Open Meet	Derby	EM240487	3
200 Butterfly	2:49.00	2:50.90	252	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
50 Backstroke	33.86	34.40	278	15/06/24	Nottinghamshire ASA Stage 2 Gala	Worksop	EM240378	4
100 Backstroke	1:11.22	1:12.30	312	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
200 Backstroke	2:50.47	2:52.40	237	01/10/23	Kimberley S.C Club Championships 2023	Hucknall	EM231100	4
200 Individual Medley	2:35.26	2:37.80	352	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
400 Individual Medley	5:25.75	5:31.10	374	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
100 Individual Medley	1:17.85	1:17.80	253	25/11/23	Notts Sports Centre League 2023 - Division 2	Hucknall	EM230437	4