

# Individual Best Times (All Time)

Zachary Flitton - (1445661) - Workington SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.11	27.40	411	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
100 Freestyle	1:02.49	1:01.10	421	27/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Freestyle	2:23.42	2:21.00	359	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
400 Freestyle	5:21.45	5:17.00	320	29/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
50 Breaststroke	41.67	40.90	241	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Breaststroke	1:34.18	1:32.80	220	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Butterfly	30.10	29.50	405	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
100 Butterfly	1:16.24	1:15.20	272	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	31.95	31.30	400	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
100 Backstroke	1:11.22	1:10.10	380	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Backstroke	2:34.67	2:32.50	378	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Individual Medley	2:34.52	2:31.90	401	04/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
400 Individual Medley	6:03.11	5:58.20	297	14/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.06	28.80	370	23/11/23	Workington Club Championships 2023	Workington	NW232588	4
100 Freestyle	1:01.21	1:02.60	393	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
200 Freestyle	2:16.24	2:18.80	388	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
400 Freestyle	5:02.28	5:06.90	346	23/11/23	Workington Club Championships 2023	Workington	NW232588	4
800 Freestyle	10:41.26	10:50.20	330	22/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
1500 Freestyle	21:50.80	22:06.50	269	26/11/23	Workington Club Championships 2023	Workington	NW232588	4
50 Breaststroke	39.14	39.90	259	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
100 Breaststroke	1:27.25	1:28.70	254	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Butterfly	30.64	31.30	357	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
100 Butterfly	1:11.04	1:12.10	304	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
200 Butterfly	2:58.52	3:00.30	214	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
50 Backstroke	32.15	32.80	325	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Backstroke	1:09.24	1:10.40	340	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	NW240698	3
200 Backstroke	2:34.58	2:36.70	319	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Individual Medley	2:35.98	2:38.50	347	24/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
400 Individual Medley	5:49.53	5:54.50	303	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Individual Medley	1:12.13	1:12.10	318	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3