

Individual Best Times (All Time)

Beau Cunningham - (1478125) - Corby ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.86	29.20	494	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:02.41	1:01.10	568	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:11.85	2:09.20	626	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:38.18	4:33.10	605	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
800 Freestyle	9:31.74	9:21.50	609	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
1500 Freestyle	18:15.76	17:56.80	592	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
50 Breaststroke	42.75	42.00	317	12/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
50 Butterfly	32.46	31.90	426	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Butterfly	1:23.19	1:22.30	296	23/09/23	Corby ASC & Rushden 100m Club Championships 2023	Corby	EM231766	4
50 Backstroke	35.08	34.50	448	10/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
100 Backstroke	1:19.13	1:18.10	380	28/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
200 Backstroke	2:48.09	2:46.10	393	23/07/22	East Midlands Summer Festival	Derby	EM221414	3
200 Individual Medley	2:37.54	2:35.00	513	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
400 Individual Medley	5:48.91	5:43.80	442	04/12/22	CASC NV & Rushden 200/400m Club Champs 2022	Corby	EM221908	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.74	30.40	458	07/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
100 Freestyle	1:03.17	1:04.50	503	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
200 Freestyle	2:14.99	2:17.50	545	21/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
400 Freestyle	4:41.92	4:46.90	552	07/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
800 Freestyle	9:32.86	9:42.90	578	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Breaststroke	41.46	42.20	320	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
100 Breaststroke	1:38.23	1:39.50	255	12/03/22	Rugby SC Open 2022	Rugby	WM220140	3
200 Breaststroke	3:53.17	3:55.40	192	08/02/20	2020 LASA County Age Group & Championships	Braunstone	EM200331	2
50 Butterfly	31.93	32.50	445	09/12/23	Leicester & District SL Autumn League 2023 R3	Corby	EM232599	4
100 Butterfly	1:18.26	1:19.20	329	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
50 Backstroke	34.02	34.60	408	20/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
100 Backstroke	1:14.91	1:16.00	393	21/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
200 Backstroke	2:40.41	2:42.50	407	20/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
200 Individual Medley	2:39.27	2:41.70	447	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
400 Individual Medley	5:35.21	5:40.40	460	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
100 Individual Medley	1:15.23	1:15.20	423	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3