

Individual Best Times (All Time)

Myles Paul - (1485454) - Worthing Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.27	26.50	450	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
100 Freestyle	1:00.61	59.20	462	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:13.53	2:10.90	445	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
400 Freestyle	4:50.52	4:45.60	434	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Butterfly	32.10	31.50	333	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:15.16	1:14.10	284	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	35.89	35.30	282	15/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot	SE231388	3
200 Individual Medley	2:34.04	2:31.50	405	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.25	28.00	404	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Freestyle	57.84	59.30	465	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Freestyle	2:05.84	2:08.60	492	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
400 Freestyle	6:25.65	6:29.30	166	04/10/21	Reading SC Club Championships 2021	Bradfield	SE211092	4
50 Breaststroke	42.50	43.20	202	21/05/23	Tilehurst SC Open Meet May 2023	Reading	SE230878	3
100 Breaststroke	1:32.96	1:34.30	210	03/09/23	Worthing SC 50m Age Groups & 100m Championships 23	Splashpoint	SE231979	4
50 Butterfly	31.66	32.30	324	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Butterfly	1:13.60	1:14.60	273	14/10/23	National Arena Swimming League South R1 2023	Portsmouth	SE231990	4
50 Backstroke	34.37	34.90	266	16/09/23	Brighton SC Ken Deeley Open Meet 2023	Brighton	SE230801	3
200 Individual Medley	2:46.30	2:48.70	286	18/11/23	Worthing SC 200m and IM Club Championships 2023	Worthing	SE232515	4
100 Individual Medley	1:13.13	1:13.10	306	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3