

Individual Best Times (All Time)

Avalina Man - (1500955) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.52	30.80	420	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Freestyle	1:08.36	1:07.10	432	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Freestyle	2:31.24	2:28.90	415	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Breaststroke	45.02	44.30	271	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Butterfly	35.72	35.20	319	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Backstroke	34.97	34.40	453	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
100 Backstroke	1:17.35	1:16.30	407	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Backstroke	2:54.07	2:52.10	354	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Individual Medley	3:01.54	2:59.30	335	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.49	31.20	425	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
100 Freestyle	1:05.21	1:06.50	457	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Freestyle	2:24.10	2:26.50	448	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
800 Freestyle	11:21.14	11:29.60	344	17/11/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231949	4
50 Breaststroke	44.14	44.80	265	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
100 Breaststroke	1:40.95	1:42.20	235	15/01/23	Sutton & Cheam SC Last Chance County Qualifier 23	Carshalton	LR230062	4
200 Breaststroke	3:39.34	3:41.70	230	26/11/22	LBSSA Annual Swimming Championships 2022	Carsharlton	LR220920	4
50 Butterfly	35.55	36.10	322	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Butterfly	1:23.40	1:24.30	272	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
200 Butterfly	3:15.09	3:16.70	230	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
50 Backstroke	35.16	35.70	370	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Backstroke	1:16.68	1:17.70	366	13/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
200 Backstroke	2:43.63	2:45.70	384	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
200 Individual Medley	2:52.02	2:54.30	355	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Individual Medley	1:21.54	1:21.50	332	21/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4