

# Individual Best Times (All Time)

Markel Stewart-Arrien - (1589473) - SouthWest LondonFin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.06	38.50	153	23/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
200 Freestyle	2:54.63	2:52.60	199	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Breaststroke	45.39	44.70	186	08/07/23	ESSA Summer Open Championships 2023	Crawley	SE230715	3
100 Breaststroke	1:43.96	1:42.70	163	08/07/23	ESSA Summer Open Championships 2023	Crawley	SE230715	3
200 Breaststroke	3:35.91	3:33.40	196	08/07/23	ESSA Summer Open Championships 2023	Crawley	SE230715	3
50 Butterfly	46.64	46.20	108	23/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
50 Backstroke	43.76	43.30	155	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Backstroke	1:36.43	1:35.60	153	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.79	33.40	232	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Freestyle	1:15.27	1:16.40	211	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
200 Freestyle	2:47.62	2:49.70	208	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
50 Breaststroke	53.40	54.00	101	26/09/21	Erith & District SC Super Sunday Sprint Meet	Crook Log	LR210525	3
100 Breaststroke	1:41.34	1:42.60	162	19/11/23	Barnet Cophall County Qualifier & Dev Meet 2 2023	Cophall Pools	LR232027	3
200 Breaststroke	4:06.61	4:08.80	115	21/11/21	Barnet Cophall County Qualifier&Development Meet2	Cophall	LR210669	3
50 Butterfly	46.19	46.60	104	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	ER220413	3
100 Butterfly	1:50.35	1:51.00	81	21/11/21	Barnet Cophall County Qualifier&Development Meet2	Cophall	LR210669	3
50 Backstroke	41.01	41.50	156	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Backstroke	1:31.85	1:32.70	145	19/11/23	Barnet Cophall County Qualifier & Dev Meet 2 2023	Cophall Pools	LR232027	3