

# Individual Best Times (All Time)

Ruari Mcnamara D'souza - (1628509) - Woodside & Thornton Heath SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.99	43.50	103	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Freestyle	2:21.94	2:22.50	31	16/07/22	Bexley SC Summer Sizzler	Bexleyheath	LR220907	3
50 Breaststroke	51.48	52.10	113	16/06/24	Enfield Charlie Farnsbarns Invite Junior Meet 2024	Enfield	LR240988	4
100 Breaststroke	1:54.76	1:55.90	111	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
50 Butterfly	1:09.36	1:09.60	30	24/09/23	Erith & District SC Super Sunday Sprint Meet 2023	Crook Log LC	LR230508	3
50 Backstroke	49.32	49.70	90	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Individual Medley	2:02.70	2:02.70	64	24/06/23	Leatherhead SC End of Season Open Meet 2023	Elmbride Xcel	SE230739	3