Individual Best Times (All Time)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.32	24.50	563	01/05/16	ASA SWR Summer Championships	Plymouth	SW160535	1
100 Freestyle	56.28	54.80	577	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
50 Breaststroke	28.85	27.70	727	05/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Breaststroke	1:04.75	1:02.80	677	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Breaststroke	2:29.89	2:26.30	586	05/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
50 Butterfly	28.88	28.20	458	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
50 Backstroke	34.31	33.70	323	22/09/13	City of Sheffield 31st Annual Teaspoon Gala	Sheffield	NE3173	3
200 Individual Medley	2:20.47	2:17.60	534	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.90	25.70	530	30/01/16	Gloucester County ASA Championships	Gloucester	SW160215	2
100 Freestyle	55.42	56.90	529	14/02/16	Gloucester County ASA Championships	Gloucester	SW160216	2
200 Freestyle	2:18.02	2:20.50	373	06/12/09	Chesterfield Christmas Mt	Alfreton	EM9664	3
50 Breaststroke	28.32	29.40	683	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Breaststroke	1:02.55	1:04.50	690	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Breaststroke	2:23.75	2:27.40	584	14/02/16	Gloucester County ASA Championships	Gloucester	SW160216	2
50 Butterfly	27.00	27.70	522	27/07/21	Soundwell Swimming Club Champs	Bristol	SW210286	4
100 Butterfly	1:01.77	1:03.00	462	19/07/14	Gainsborough Dolphins Club Championships	Gainsborough	EM4434	4
200 Butterfly	2:27.67	2:29.80	378	16/03/13	Lincolnshire County Championships	Louth	CC3003	2
50 Backstroke	37.79	38.30	200	27/07/21	Soundwell Swimming Club Champs	Bristol	SW210286	4
100 Backstroke	1:17.53	1:18.60	242	30/10/20	Soundwell Swimming Club	Kingswood LC	LEX111	0
200 Backstroke	2:31.25	2:33.40	340	19/07/14	Gainsborough Dolphins Club Championships	Gainsborough	EM4434	4
200 Individual Medley	2:21.84	2:24.60	461	03/03/12	Lincolnshire County Championships	Louth	CC2036	2
100 Individual Medley	1:02.91	1:02.90	480	27/07/21	Soundwell Swimming Club Champs	Bristol	SW210286	4