

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.86	25.00	528	26/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
100 Freestyle	56.42	54.90	572	01/11/08	South East Region Champs	Aldershot	SER825	1
200 Freestyle	2:00.88	1:58.00	600	06/12/09	Northampton Winter Meet	Corby	EM9565	1
400 Freestyle	4:18.37	4:12.90	617	17/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
800 Freestyle	8:53.08	8:42.10	610	07/03/10	Sussex County Champs	Crawley	CC0035	1
1500 Freestyle	17:36.77	17:17.10	559	23/01/10	Portsmouth Northsea Long Distance Meet	Portsmouth	SE0054	1
50 Breaststroke	32.90	31.90	490	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
100 Breaststroke	1:12.43	1:10.70	484	03/05/08	South East Region Youths	Aldershot	SER822	1
200 Breaststroke	2:40.46	2:37.10	478	25/10/08	Rushmoor Royals Autumn Mt	Aldershot	SE8422	2
50 Butterfly	26.83	26.10	571	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Butterfly	1:00.22	58.90	553	02/11/08	South East Region Champs	Aldershot	SER825	1
200 Butterfly	2:17.22	2:14.90	519	01/11/08	South East Region Champs	Aldershot	SER825	1
50 Backstroke	31.18	30.50	430	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
100 Backstroke	1:09.29	1:08.10	412	08/12/18	Borough of Barnsley 23rd Annual Christmas Sprint	Sheffield	NE182360	3
200 Individual Medley	2:24.91	2:22.20	486	02/11/08	South East Region Champs	Aldershot	SER825	1
400 Individual Medley	5:03.90	4:58.10	508	03/05/08	South East Region Youths	Aldershot	SER822	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.89	25.70	531	28/11/09	Hatfield Winter Wonderland	Hatfield	ER9637	3
100 Freestyle	54.07	55.60	570	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	ER4474	3
200 Freestyle	1:56.62	1:59.60	618	28/02/10	Sussex County Champs	Crawley	CC0034	2
400 Freestyle	4:10.14	4:15.70	610	14/03/10	Sussex County Champs	Crawley	CC0036	2
1500 Freestyle	18:19.61	18:38.20	456	05/08/12	Tring SC Club Championships 2012	Tring	ER2569	4
50 Breaststroke	31.53	32.50	495	09/12/18	Doncaster Swim Along A Santa	Leeds	NE180392	3
100 Breaststroke	1:09.08	1:10.90	512	10/02/08	Sussex County Champs	Crawley	CC8038	2
200 Breaststroke	2:30.06	2:33.50	513	20/03/08	Portsmouth Northsea Easter	Portsmouth	SE8056	1
50 Butterfly	26.35	27.10	562	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	58.09	59.40	556	30/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
200 Butterfly	2:12.02	2:14.40	530	15/11/08	Haslemere Open Meet	Haslemere	SE8206	1
50 Backstroke	28.57	29.30	463	01/02/14	Hatfield Valentines Meet	Hertfordshire	ER4265	3
100 Backstroke	1:05.00	1:06.20	411	15/06/13	Maxwell Summer Meet 2013	Aylesbury	SE3487	3
200 Backstroke	2:24.54	2:26.80	390	06/10/12	Maxwell Autumn Meet 2012	Aylesbury	SE2661	3
200 Individual Medley	2:15.57	2:18.40	528	12/04/08	Bexley Short Course Open	Bexleyheath	LR8077	2
400 Individual Medley	4:48.40	4:54.40	539	15/03/08	Sussex County Champs	Crawley	CC8038	2
100 Individual Medley	1:01.95	1:02.00	503	15/03/08	Sussex County Champs	Crawley	CC8038	2