

Individual Best Times (All Time)

Derry Foran - (226450) - Leicester Penguins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.02	25.20	518	11/03/12	Leicestershire County Championships	Loughborough	CC2064	1
100 Freestyle	56.88	55.40	559	13/04/13	Stockport Metro April Meet	Stockport	NW3039	1
200 Freestyle	2:03.64	2:00.80	561	27/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
400 Freestyle	4:33.40	4:28.20	521	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
800 Freestyle	9:53.97	9:44.20	441	13/06/10	Midland Age Group Champs	Coventry	WMR016	1
1500 Freestyle	19:15.32	18:57.30	428	07/02/10	West Midlands Time Trial	Coventry	WM0159	1
100 Breaststroke	1:16.20	1:14.50	415	11/03/12	Leicestershire County Championships	Loughborough	CC2064	1
200 Breaststroke	2:42.63	2:39.40	459	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
200 Butterfly	3:20.41	3:18.80	166	12/01/08	City of Derby 7th LC Meet	Sheffield	EM8025	1
100 Backstroke	1:09.29	1:08.10	412	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
200 Backstroke	2:31.30	2:29.10	404	16/10/10	Lincoln Vulcans Open Meet	Sheffield	EM0278	1
200 Individual Medley	2:19.96	2:17.10	540	19/05/12	Northampton SC May Open Meet	Corby	EM2253	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.10	25.90	518	05/10/13	Leicester Penguins Open Meet 2013	Braunstone	EM3358	3
100 Freestyle	54.35	55.90	561	05/01/13	Leicester Penguins Club Championships	Braunstone	EM3233	4
200 Freestyle	1:58.41	2:01.30	591	24/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
400 Freestyle	4:15.67	4:21.10	572	06/10/12	Leicester Penguins 27th Open Meet	Braunstone	EM2313	2
800 Freestyle	11:00.36	11:09.10	302	30/11/07	Leicester Distance Meet	Leicester	EM7397	2
1500 Freestyle	18:11.65	18:30.40	466	04/12/09	City of Leicester Distance	Leicester	EM9310	2
50 Breaststroke	44.12	44.80	180	15/03/09	Leicestershire Champs	Braunstone	CC9055	2
100 Breaststroke	1:10.64	1:12.40	479	20/04/13	The 2013 Leicester Age Group Meet	Braunstone	EM3100	2
200 Breaststroke	2:32.59	2:36.00	488	25/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
50 Butterfly	30.22	30.80	372	27/03/11	Leicestershire County Championships	Braunstone	CC1066	2
100 Butterfly	1:03.64	1:04.80	423	15/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	EM2080	2
200 Butterfly	3:13.31	3:14.90	168	02/12/07	Leicester Distance Meet	Leicester	EM7397	2
50 Backstroke	30.42	31.10	383	26/03/11	Leicestershire County Championships	Braunstone	CC1066	2
100 Backstroke	1:03.62	1:04.90	438	06/10/12	Leicester Penguins 27th Open Meet	Braunstone	EM2313	2
200 Backstroke	2:18.83	2:21.20	440	24/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
200 Individual Medley	2:13.50	2:16.40	553	25/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
100 Individual Medley	1:01.06	1:01.10	525	05/01/13	Leicester Penguins Club Championships	Braunstone	EM3233	4