

# Individual Best Times (All Time)

Ryan Currell - (23284) - Dunstable Water Polo Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.91	26.10	469	03/05/08	East Region Youth Champs	Norwich	ERX810	1
100 Freestyle	58.12	56.70	524	04/05/09	East Region Youth Champs	Norwich	ERX912	1
200 Freestyle	2:16.77	2:14.20	414	06/05/07	East Region Youth Champs	Norwich	ERX718	1
1500 Freestyle	19:54.00	19:36.60	388	16/10/04	Rushmoor Royals 2nd Autumn Mt	Aldershot	L2S109	1
50 Breaststroke	38.75	37.90	300	28/11/09	City of Coventry Open	Coventry	WM9268	1
100 Breaststroke	1:28.10	1:26.70	269	11/07/04	Co Sheffield Swim Squad Meet	Sheffield	L3E138	1
50 Butterfly	29.99	29.40	409	28/11/09	City of Coventry Open	Coventry	WM9268	1
100 Butterfly	1:11.45	1:10.40	331	12/02/05	Wycombe District 23rd Open Mt	Wycombe	L1S187	1
100 Backstroke	1:23.52	1:22.60	235	11/07/04	Co Sheffield Swim Squad Meet	Sheffield	L3E138	1
200 Backstroke	2:37.81	2:35.70	356	13/02/10	BUCS Long Course Champs	Sheffield	NE0321	1
200 Individual Medley	2:44.69	2:42.30	331	23/10/04	Wycombe District Qualifier Mt	Wycombe	L2S177	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.27	27.10	451	07/11/09	East Region Winter Champs	Norwich	ERX927	2
100 Freestyle	56.60	58.10	497	10/03/07	Bedfordshire Champs	Biggleswade	CC7006	2
200 Freestyle	2:07.01	2:09.70	478	11/03/07	Bedfordshire Champs	Biggleswade	CC7006	2
400 Freestyle	4:48.51	4:53.30	398	03/07/04	CO Milton Keynes End Season Mt	Stantonbury Campus	L3M125	2
800 Freestyle	9:53.25	10:02.90	417	23/01/05	Biggleswade 6th Open Meet 2005	Biggleswade	L2M246	2
1500 Freestyle	19:42.48	19:59.80	367	13/03/04	Bedfordshire County Champs	Biggleswade	CCM001	2
50 Breaststroke	37.94	38.80	284	26/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
100 Breaststroke	1:23.64	1:25.10	288	06/06/04	Maxwell Graded Meet	Aylesbury	L3M154	2
50 Butterfly	29.43	30.10	403	07/11/09	East Region Winter Champs	Norwich	ERX927	2
100 Butterfly	1:06.87	1:08.00	364	27/01/07	Maxwell SC Meet	Aylesbury	SE7077	2
200 Butterfly	2:38.81	2:40.80	304	10/03/07	Bedfordshire Champs	Biggleswade	CC7006	2
50 Backstroke	32.68	33.30	309	20/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
100 Backstroke	1:15.20	1:16.30	265	06/06/04	Maxwell Graded Meet	Aylesbury	L3M154	2
200 Individual Medley	2:34.57	2:37.10	356	05/03/05	Bedfordshire County Champs	Biggleswade	CCM513	2
400 Individual Medley	5:50.15	5:55.10	301	14/03/04	Bedfordshire County Champs	Biggleswade	CCM001	2
100 Individual Medley	1:08.50	1:08.50	372	07/11/09	East Region Winter Champs	Norwich	ERX927	2