

Individual Best Times (All Time)

Simon Duston - (244330) - York City Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.45	24.60	554	31/03/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
100 Freestyle	56.34	54.80	575	02/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
200 Freestyle	2:06.36	2:03.60	525	02/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
400 Freestyle	5:34.73	5:30.50	284	26/02/06	Yorkshire Age Group Champ	Leeds	CC6041	2
50 Breaststroke	38.73	37.90	300	15/12/07	City of Leeds ChristmasMt	Leeds	NE7205	2
100 Breaststroke	1:17.44	1:15.80	396	29/03/09	Sheffield Premier Meet	Sheffield	NE9036	1
200 Breaststroke	3:05.50	3:02.60	309	07/10/07	City of Leeds Junior Meet	Leeds	NE7153	2
50 Butterfly	27.87	27.20	510	06/02/10	Yorkshire County Champs	Leeds	CC0037	1
100 Butterfly	1:01.38	1:00.10	522	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
200 Butterfly	2:19.92	2:17.60	490	19/02/11	Yorkshire County Championships	Sheffield	CC1084	1
50 Backstroke	42.14	41.70	174	21/01/06	Rotherham Metro LC Mt	Sheffield	NE6034	3
100 Backstroke	1:10.81	1:09.70	386	25/02/12	Yorkshire County Championships	Leeds	CC2042	1
200 Backstroke	2:49.58	2:47.60	287	07/10/07	City of Leeds Junior Meet	Leeds	NE7153	2
200 Individual Medley	2:23.13	2:20.40	505	20/02/11	Yorkshire County Championships	Sheffield	CC1084	1
400 Individual Medley	6:55.20	6:50.90	199	05/03/05	Yorkshire County Championships	Leeds	CCE508	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.64	25.50	547	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Freestyle	53.91	55.40	575	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
200 Freestyle	2:01.39	2:04.20	548	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
50 Breaststroke	35.30	36.20	353	19/09/09	Rotherham Metro A B L3 Mt	Sheffield	NE9009	3
100 Breaststroke	1:10.96	1:12.70	472	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Breaststroke	2:45.40	2:48.60	383	19/07/09	Rotherham Metro A B Meet	Sheffield	NE9008	3
50 Butterfly	27.05	27.70	519	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Butterfly	59.37	1:00.60	521	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
200 Butterfly	2:17.68	2:20.00	467	12/12/11	York City Baths Club Championships	York	NE1712	4
50 Backstroke	34.52	35.10	262	18/07/09	Rotherham Metro A B Meet	Sheffield	NE9008	3
100 Backstroke	1:06.79	1:08.00	378	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Backstroke	2:22.60	2:24.90	406	12/12/11	York City Baths Club Championships	York	NE1712	4
200 Individual Medley	2:19.32	2:22.10	487	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
400 Individual Medley	5:27.19	5:32.50	369	27/10/07	Harrogate Junior Open	Harrogate	NE7201	1
100 Individual Medley	1:08.03	1:08.00	380	19/09/09	Rotherham Metro A B L3 Mt	Sheffield	NE9009	3