

Individual Best Times (All Time)

Zack Campbell-Maughan - (275226) - West Norfolk Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|------------------------------------------------|-----------|----------|-------|
| 50 Freestyle | 25.55 | 24.70 | 548 | 01/05/22 | SE East Region Long Course Championships 2022 | Norwich | ER220677 | 1 |
| 100 Freestyle | 57.46 | 56.00 | 542 | 15/05/16 | MCASA Long Course Open Meet | Guildford | LR160687 | 1 |
| 200 Freestyle | 2:03.03 | 2:00.20 | 569 | 18/06/16 | Torfaen Dolphins LC Open Meet 2016 | Bristol | SW160625 | 3 |
| 400 Freestyle | 4:31.52 | 4:26.30 | 532 | 03/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 1500 Freestyle | 18:20.71 | 18:01.80 | 495 | 15/02/14 | Norfolk County Champs & AG Comp | Norwich | CC4106 | 1 |
| 50 Breaststroke | 37.22 | 36.40 | 338 | 03/04/15 | UEA City of Norwich Easter LC Meet 2015 | Norwich | ER150080 | 1 |
| 50 Butterfly | 27.90 | 27.20 | 508 | 05/02/16 | Derwentio Excel February Festival 2016 | Sheffield | EM160047 | 1 |
| 100 Butterfly | 1:03.44 | 1:02.20 | 473 | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 50 Backstroke | 28.42 | 27.70 | 568 | 30/04/22 | SE East Region Long Course Championships 2022 | Norwich | ER220677 | 1 |
| 100 Backstroke | 1:01.02 | 59.70 | 604 | 15/05/16 | MCASA Long Course Open Meet | Guildford | LR160687 | 1 |
| 200 Backstroke | 2:16.14 | 2:13.70 | 555 | 17/05/15 | Northampton Spring Festival | Corby | EM150349 | 1 |
| 200 Individual Medley | 2:25.06 | 2:22.30 | 485 | 20/12/14 | Northampton Winter Festival Meet | Corby | EM14228 | 1 |
| 400 Individual Medley | 5:09.75 | 5:04.00 | 479 | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------------------|--------------|----------|-------|
| 50 Freestyle | 24.90 | 25.70 | 530 | 07/11/15 | ASA London Region Winter Short Course Championship | London | LR150872 | 2 |
| 100 Freestyle | 54.16 | 55.70 | 567 | 10/10/15 | National Arena League-London Premier Div-Round123 | Hatfield | ER152127 | 2 |
| 200 Freestyle | 2:01.80 | 2:04.60 | 543 | 22/11/15 | The Leicester Open Meet | Leicester | EM151050 | 2 |
| 400 Freestyle | 4:17.40 | 4:22.80 | 560 | 19/04/15 | Newmarket & District Seventh Open Meet | Newmarket | ER150020 | 3 |
| 800 Freestyle | 10:53.88 | 11:02.70 | 311 | 04/12/10 | Middlesex County SC Champ | Enfield | LR0816 | 2 |
| 1500 Freestyle | 17:57.46 | 18:16.40 | 485 | 22/12/13 | City of Peterborough Winter Open Meet | Peterborough | ER3876 | 3 |
| 50 Breaststroke | 34.46 | 35.40 | 379 | 18/07/22 | West Norfolk SC Club Championships 2022 | Kings Lynn | ER221174 | 4 |
| 100 Breaststroke | 1:14.61 | 1:16.30 | 406 | 23/01/16 | MCASA County Championships 2016 | Barnet | LR160279 | 2 |
| 200 Breaststroke | 2:50.02 | 2:53.10 | 353 | 12/07/15 | West Norfolk Club Championships 2015 | Downham | ER151474 | 4 |
| 50 Butterfly | 27.03 | 27.70 | 521 | 06/11/21 | SE East Region Short Course Championships | Luton | ER211117 | 2 |
| 100 Butterfly | 1:01.74 | 1:03.00 | 463 | 24/01/16 | MCASA County Championships 2016 | Barnet | LR160279 | 2 |
| 200 Butterfly | 2:28.28 | 2:30.40 | 374 | 08/03/15 | Norfolk County Championships | Thetford | CC150391 | 2 |
| 50 Backstroke | 27.34 | 28.10 | 528 | 07/11/21 | SE East Region Short Course Championships | Luton | ER211117 | 2 |
| 100 Backstroke | 57.60 | 59.00 | 590 | 22/11/15 | The Leicester Open Meet | Leicester | EM151050 | 2 |
| 200 Backstroke | 2:10.18 | 2:12.70 | 534 | 19/12/15 | Hillingdon SC Winter Short Course Open Meet 2015 | Uxbridge | LR152215 | 2 |
| 200 Individual Medley | 2:17.62 | 2:20.50 | 505 | 29/11/15 | Chelsea & Westminster November 2015 Club Gala | London | LR152315 | 4 |
| 400 Individual Medley | 4:55.26 | 5:01.10 | 502 | 07/03/15 | Norfolk County Championships | Thetford | CC150391 | 2 |
| 100 Individual Medley | 1:03.61 | 1:03.60 | 464 | 29/11/15 | Chelsea & Westminster November 2015 Club Gala | London | LR152315 | 4 |