

Individual Best Times (All Time)

John Slater - (302104) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.15	22.20	736	16/04/16	British Championships 2016	Glasgow	ASA147	1
100 Freestyle	51.35	49.70	759	14/04/16	British Championships 2016	Glasgow	ASA147	1
200 Freestyle	1:55.56	1:52.50	687	06/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
400 Freestyle	4:10.99	4:05.40	674	16/03/13	Hampshire County Championships	Portsmouth	CC3086	1
800 Freestyle	9:34.09	9:23.90	488	21/11/10	Crawley Not So Early Bird	Crawley	SE0477	1
1500 Freestyle	17:02.41	16:42.10	618	26/11/11	Portsmouth Northsea Christmas Cracker Meet	Portsmouth	SE1167	1
100 Breaststroke	1:16.14	1:14.50	416	13/02/11	Wycombe District Annual Long Course Meet	High Wycombe	SE1028	1
200 Breaststroke	2:48.64	2:45.50	411	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
50 Butterfly	24.91	24.10	714	11/04/14	British Gas Championships 2014	Glasgow	ASA132	1
100 Butterfly	55.39	54.00	711	31/07/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Butterfly	2:19.60	2:17.30	493	13/06/10	South East Region Champs	Crawley	SER023	1
100 Backstroke	1:09.26	1:08.10	413	12/02/11	Wycombe District Annual Long Course Meet	High Wycombe	SE1028	1
200 Backstroke	2:37.59	2:35.50	358	03/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1
200 Individual Medley	2:24.24	2:21.50	493	12/06/10	South East Region Champs	Crawley	SER023	1
400 Individual Medley	5:04.13	4:58.30	506	27/11/11	Portsmouth Northsea Christmas Cracker Meet	Portsmouth	SE1167	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.42	23.30	727	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Freestyle	49.83	51.50	728	28/06/15	Devon County Inter-Club Competition	Plymouth	SW150280	2
200 Freestyle	1:53.85	1:56.80	664	02/12/12	ASA South East Region Open & Junior Meet	Aldershot	SER225	2
400 Freestyle	3:59.75	4:05.50	693	27/09/13	Basingstoke Bluefins Club Championships	Basingstoke	SE3881	3
800 Freestyle	8:47.86	8:58.70	592	06/11/10	South East Region Champs	Portsmouth	SER028	2
1500 Freestyle	16:42.82	17:03.10	602	14/10/12	Basingstoke Blufins Club Championships	Basingstoke	SE2848	4
50 Breaststroke	33.56	34.50	410	23/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
100 Breaststroke	1:12.23	1:14.00	448	28/09/13	Basingstoke Bluefins Club Championships	Basingstoke	SE3881	3
200 Breaststroke	2:40.90	2:44.10	416	22/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
50 Butterfly	24.12	24.90	733	20/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Butterfly	55.88	57.20	625	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
200 Butterfly	2:18.80	2:21.10	456	29/09/13	Basingstoke Bluefins Club Championships	Basingstoke	SE3881	3
50 Backstroke	27.18	27.90	538	24/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181571	4
100 Backstroke	1:04.02	1:05.30	430	23/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
200 Backstroke	2:24.12	2:26.40	393	07/10/12	Basingstoke Blufins Club Championships	Basingstoke	SE2848	4
200 Individual Medley	2:14.23	2:17.10	544	07/10/12	Basingstoke Blufins Club Championships	Basingstoke	SE2848	4
400 Individual Medley	4:55.21	5:01.10	503	23/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
100 Individual Medley	1:00.33	1:00.30	545	28/09/13	Basingstoke Bluefins Club Championships	Basingstoke	SE3881	3