

Individual Best Times (All Time)

Liam Noonan - (311259) - Northampton Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.69	25.90	480	02/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
100 Freestyle	56.34	54.80	575	03/05/15	Midland Swimming Spring Championships 2015	Corby	EM150799	1
200 Freestyle	2:04.31	2:01.50	552	06/04/13	Eindhoven Cup 2013	Eindhoven, Holland	INT279	1
400 Freestyle	4:29.52	4:24.30	544	05/05/12	ASA Midlands Youth Championships	Coventry	WMR207	1
800 Freestyle	9:49.76	9:39.90	450	27/02/10	Northants & Lincolnshire	Corby	CC0096	1
1500 Freestyle	18:00.25	17:41.00	524	08/05/11	Midland Distance Time Trial	Loughborough	EM1316	1
50 Breaststroke	49.96	49.30	140	19/01/08	Rotherham Metro A B Meet	Sheffield	NE8038	3
200 Breaststroke	3:44.87	3:42.50	173	19/01/08	Rotherham Metro A B Meet	Sheffield	NE8038	3
50 Butterfly	28.69	28.00	467	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
100 Butterfly	1:05.23	1:04.10	435	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
200 Butterfly	2:26.50	2:24.30	427	30/07/11	Welsh Summer Nationals	Swansea	WAL375	1
50 Backstroke	32.20	31.60	391	12/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
100 Backstroke	1:08.81	1:07.60	421	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
200 Backstroke	2:26.10	2:23.80	449	04/04/13	Eindhoven Cup 2013	Eindhoven, Holland	INT279	1
200 Individual Medley	2:26.69	2:24.00	469	31/05/14	City of Sheffield No Frills Meet	Sheffield	NE4315	1
400 Individual Medley	5:17.22	5:11.60	446	28/05/11	City of Sheffield No Frills Meet	Sheffield	NE1118	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.67	26.50	484	11/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150587	4
100 Freestyle	55.42	56.90	529	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
200 Freestyle	2:01.55	2:04.40	546	11/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150587	4
400 Freestyle	4:20.38	4:25.70	541	09/03/14	Lincolnshire 63rd Annual County Champs	Louth	CC4015	2
800 Freestyle	9:58.64	10:08.20	406	14/02/09	Lincolnshire Champs	Grantham	CC9020	2
1500 Freestyle	17:34.47	17:53.80	518	12/02/11	Lincolnshire County Championships	Grantham	CC1012	2
50 Breaststroke	36.31	37.20	324	18/04/15	Lincoln Vulcans Squad Sprint	Lincoln	EM150584	4
100 Breaststroke	1:16.81	1:18.40	372	09/03/14	Lincolnshire 63rd Annual County Champs	Louth	CC4015	2
200 Breaststroke	2:51.53	2:54.60	343	23/06/12	Lincoln Vulcans SC Club Championships	Lincoln	EM2314	4
50 Butterfly	28.38	29.00	450	11/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150587	4
100 Butterfly	1:02.19	1:03.40	453	04/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150586	4
200 Butterfly	2:26.72	2:28.90	386	26/03/11	Lincolnshire County Championships	Louth	CC1016	2
50 Backstroke	30.10	30.80	396	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
100 Backstroke	1:04.72	1:05.90	416	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Backstroke	2:19.73	2:22.10	432	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
200 Individual Medley	2:20.34	2:23.10	476	13/04/14	2014 Leicester Age Group Meet	Leicester	EM4056	2
400 Individual Medley	5:03.79	5:09.50	461	26/03/11	Lincolnshire County Championships	Louth	CC1016	2
100 Individual Medley	1:03.76	1:03.80	461	04/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150586	4