

# Individual Best Times (All Time)

Christopher Forshaw - (323550) - City Of Milton Keynes

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.16	24.30	574	21/12/13	Hillingdon Winter Open Meet	Hillingdon	LR3781	1
100 Freestyle	55.93	54.40	588	26/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
200 Freestyle	2:14.07	2:11.50	440	30/05/10	BG South East Region Age Groups	Crawley	SER022	1
50 Breaststroke	35.78	34.90	381	06/05/12	British Gas South East Youth Championship	Crawley	SER214	1
100 Breaststroke	1:21.54	1:20.00	339	05/12/10	Northampton Winter Fest	Corby	EM0581	1
50 Butterfly	27.14	26.40	552	21/12/13	Hillingdon Winter Open Meet	Hillingdon	LR3781	1
100 Butterfly	1:04.31	1:03.10	454	27/05/12	City of Sheffield No Frills Gala	Sheffield	NE2144	1
50 Backstroke	29.59	28.90	504	17/12/11	Hillingdon Winter Open Meet	Hillingdon	LR1382	1
100 Backstroke	1:03.64	1:02.40	533	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	EM3281	1
200 Individual Medley	2:38.97	2:36.50	368	04/12/10	Northampton Winter Fest	Corby	EM0581	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.49	25.30	557	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Freestyle	55.09	56.60	539	16/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
200 Freestyle	2:04.21	2:07.00	512	24/06/12	Milton Keynes End of Season Meet	Bletchley	SE2058	3
50 Breaststroke	33.94	34.90	397	11/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2
100 Breaststroke	1:17.29	1:18.90	365	12/03/11	Oxfordshire & North Buckinghamshire Champs	Aylesbury	CC1044	2
200 Breaststroke	2:54.39	2:57.40	327	25/04/10	City of Milton Keynes	Milton Keynes	SE0059	2
50 Butterfly	26.46	27.20	555	07/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Butterfly	1:00.44	1:01.70	494	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
50 Backstroke	27.63	28.30	512	18/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2
100 Backstroke	1:00.49	1:01.80	510	12/05/12	Hatfield SC UK Challenge	Hatfield	ER2331	2
200 Individual Medley	2:28.34	2:31.00	403	19/11/11	City of Milton Keynes 502400's Meet	Bletchley	SE1181	2
400 Individual Medley	5:20.65	5:26.10	392	19/02/12	Oxon & North Bucks County Championships	Aylesbury	CC2025	2
100 Individual Medley	1:05.02	1:05.00	435	10/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2