

Individual Best Times (All Time)

John Posnett - (35450) - Seagulls Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:24.33	1:22.80	306	17/04/04	Ealing Spring LC Meet 2004	Gurnell Pool	L2S027	1
200 Individual Medley	2:41.36	2:38.90	352	17/04/04	Ealing Spring LC Meet 2004	Gurnell Pool	L2S027	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.22	28.00	406	26/01/14	Carn Brea & Helston Winter Invitational Meet	Bodmin	SW4245	3
100 Freestyle	1:03.34	1:04.60	354	22/11/03	Ealing Winter Open Meet	Gurnell	DMS152	2
200 Freestyle	2:17.05	2:19.60	381	07/02/04	25th Braintree 200 Meet	Braintree	L2S023	2
50 Breaststroke	33.76	34.70	403	09/03/14	CCASA Championships & Age Groups	Bodmin	CC4118	2
100 Breaststroke	1:16.67	1:18.30	374	10/12/16	NSL Western Premier Division Final	Newport	WL162366	2
200 Breaststroke	2:48.56	2:51.70	362	01/03/14	CCASA Champs & Age Groups Distance Comp	Penzance	CC4048	2
50 Butterfly	32.03	32.60	313	25/01/04	Essex County Championships	Various	CCS017	2
50 Backstroke	33.31	33.90	292	17/11/07	BUSA SC Champs 2007	Sheffield	NE7389	1
200 Individual Medley	2:31.85	2:34.40	376	07/02/04	25th Braintree 200 Meet	Braintree	L2S023	2