

Individual Best Times (All Time)

Ryan Sykes - (371207) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.29	25.50	503	21/12/14	Northampton Winter Festival Meet	Corby	EM14228	1
100 Freestyle	58.34	56.90	518	12/04/15	Derwentio Excel 9th Open Meet	Sheffield	EM150029	1
200 Freestyle	2:07.65	2:04.90	510	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
400 Freestyle	4:34.00	4:28.80	518	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
1500 Freestyle	18:08.79	17:49.70	511	14/02/15	Norfolk County Championships	Norwich	CC150387	1
50 Breaststroke	32.40	31.40	513	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
100 Breaststroke	1:12.30	1:10.50	486	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
200 Breaststroke	2:39.84	2:36.50	483	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
50 Butterfly	30.06	29.40	406	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
100 Butterfly	1:06.62	1:05.50	408	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
200 Butterfly	2:30.52	2:28.40	393	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
50 Backstroke	32.09	31.50	395	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
100 Backstroke	1:10.11	1:09.00	398	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
200 Backstroke	2:31.55	2:29.30	402	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
200 Individual Medley	2:24.23	2:21.50	493	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
400 Individual Medley	5:08.08	5:02.30	487	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.66	26.50	484	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Freestyle	55.79	57.30	519	08/03/15	Norfolk County Championships	Thetford	CC150391	2
200 Freestyle	2:01.75	2:04.60	543	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
400 Freestyle	4:17.86	4:23.20	557	21/02/15	Norfolk County Championships	Wymondham	CC150388	2
1500 Freestyle	17:58.40	18:17.40	484	12/07/15	West Norfolk Club Championships 2015	Downham	ER151474	4
50 Breaststroke	31.53	32.50	495	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Breaststroke	1:08.06	1:09.90	535	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Breaststroke	2:30.67	2:34.10	507	01/03/15	Norfolk County Championships	Thetford	CC150389	2
50 Butterfly	29.47	30.10	402	22/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2
100 Butterfly	1:03.25	1:04.40	431	28/02/15	Norfolk County Championships	Thetford	CC150389	2
200 Butterfly	2:19.13	2:21.40	452	08/03/15	Norfolk County Championships	Thetford	CC150391	2
50 Backstroke	30.75	31.40	371	28/02/15	Norfolk County Championships	Thetford	CC150389	2
100 Backstroke	1:05.88	1:07.10	394	17/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
200 Backstroke	2:19.44	2:21.80	434	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
200 Individual Medley	2:16.33	2:19.20	520	21/11/15	Golden Eagle Meet 2015	Bletchley	ER151726	2
400 Individual Medley	4:53.02	4:58.90	514	07/03/15	Norfolk County Championships	Thetford	CC150391	2
100 Individual Medley	1:03.79	1:03.80	461	21/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2