

Individual Best Times (All Time)

Ryan Griffiths - (405003) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.71	35.10	200	24/02/07	Surrey County Champs	Crystal Palace	CC7055	2
200 Freestyle	2:01.58	1:58.70	590	05/05/14	ASA South East Region Youth Championships	Guildford	SER417	1
400 Freestyle	4:25.40	4:20.10	570	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
800 Freestyle	9:44.01	9:34.00	463	19/02/11	Surrey County Championships	Guildford	CC1036	1
1500 Freestyle	17:09.84	16:49.60	605	05/05/14	ASA South East Region Youth Championships	Guildford	SER417	1
200 Butterfly	2:20.38	2:18.10	485	21/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
200 Backstroke	2:37.86	2:35.70	356	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
200 Individual Medley	2:36.85	2:34.30	383	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
400 Individual Medley	5:24.43	5:19.00	417	03/03/13	Surrey County Championships	Guildford	CC3039	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.93	26.70	469	20/04/15	Epsom District Sprint Championships 2015	Epsom	SE151351	4
100 Freestyle	55.19	56.70	536	27/11/16	Epsom District Autumn Club Championships	Epsom	SE162291	4
200 Freestyle	1:57.31	2:00.20	607	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
400 Freestyle	4:13.17	4:18.60	589	15/11/14	Epsom & District Autumn Club Championships	Epsom	SE14150	4
800 Freestyle	9:42.43	9:52.30	441	12/12/10	Epsom District Champs	Epsom	SE0431	4
1500 Freestyle	16:21.08	16:41.80	643	11/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
50 Breaststroke	34.98	35.90	362	20/04/15	Epsom District Sprint Championships 2015	Epsom	SE151351	4
100 Breaststroke	1:14.91	1:16.60	401	15/11/14	Epsom & District Autumn Club Championships	Epsom	SE14150	4
200 Breaststroke	2:39.23	2:42.50	429	26/11/16	Epsom District Autumn Club Championships	Epsom	SE162291	4
50 Butterfly	29.46	30.10	402	27/04/14	Epsom District Sprint Championships	Epsom	SE4387	4
100 Butterfly	1:04.21	1:05.40	412	26/11/16	Epsom District Autumn Club Championships	Epsom	SE162291	4
200 Butterfly	2:15.48	2:17.80	490	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
50 Backstroke	31.37	32.00	350	20/04/15	Epsom District Sprint Championships 2015	Epsom	SE151351	4
100 Backstroke	1:04.59	1:05.80	418	19/11/16	Epsom District Autumn Club Championships	Epsom	SE162290	4
200 Backstroke	2:16.71	2:19.10	461	10/03/13	Surrey County Championships	Guildford	CC3040	2
200 Individual Medley	2:15.33	2:18.20	531	27/11/16	Epsom District Autumn Club Championships	Epsom	SE162291	4
400 Individual Medley	4:42.74	4:48.90	572	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Individual Medley	1:04.96	1:05.00	436	19/11/16	Epsom District Autumn Club Championships	Epsom	SE162290	4