## **Individual Best Times (All Time)**

Megan Langton - (406578) - Nottingham Leander SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA<br>Pts | Date     | Meet  | Venue     | Licence  | Level |
|-----------------------|---------|-----------------|--------------|----------|---|-----------|----------|-------|
| 50 Freestyle          | 28.82   | 28.10           | 549          | 11/04/15 | Derventio Excel 9th Open Meet                 | Sheffield | EM150029 | 1     |
| 100 Freestyle         | 1:00.33 | 58.90           | 629          | 23/05/15 | City of Sheffield Swim Squad No Frills Meet   | Sheffield | NE150212 | 1     |
| 200 Freestyle         | 2:10.02 | 2:07.30         | 653          | 25/06/15 | Scottish National Open Championships          | Glasgow   | SCO1005  | 1     |
| 400 Freestyle         | 4:32.57 | 4:27.40         | 643          | 02/08/15 | British Summer Championships                  | Sheffield | ASA141   | 1     |
| 800 Freestyle         | 9:17.86 | 9:07.40         | 656          | 29/07/15 | British Summer Championships                  | Sheffield | ASA141   | 1     |
| 50 Breaststroke       | 35.84   | 35.00           | 538          | 29/03/15 | City of Sheffield Swim Squad Premier Meet     | Sheffield | NE150211 | 1     |
| 100 Breaststroke      | 1:16.25 | 1:14.60         | 594          | 02/08/15 | British Summer Championships                  | Sheffield | ASA141   | 1     |
| 200 Breaststroke      | 2:41.32 | 2:38.00         | 619          | 30/07/15 | British Summer Championships                  | Sheffield | ASA141   | 1     |
| 50 Butterfly          | 31.53   | 30.90           | 465          | 11/01/14 | City of Derby Long Course L1 Meet             | Sheffield | EM4033   | 1     |
| 100 Butterfly         | 1:10.40 | 1:09.30         | 489          | 20/12/14 | Northampton Winter Festival Meet              | Corby     | EM14228  | 1     |
| 200 Butterfly         | 2:38.68 | 2:36.70         | 452          | 26/05/13 | City of Sheffield No Frill Meet               | Sheffield | NE3172   | 1     |
| 50 Backstroke         | 40.15   | 39.60           | 299          | 08/01/11 | City of Derby 10th Long Course Open Meet      | Sheffield | EM1029   | 1     |
| 100 Backstroke        | 1:11.05 | 1:09.90         | 525          | 11/01/15 | City of Derby Fourteenth LC Level 1 Open Meet | Sheffield | EM150072 | 1     |
| 200 Backstroke        | 2:38.81 | 2:36.70         | 466          | 08/06/14 | Midland Age Group Championships 2014          | Coventry  | WMR414   | 1     |
| 200 Individual Medley | 2:25.76 | 2:23.00         | 647          | 26/06/15 | Scottish National Open Championships          | Glasgow   | SCO1005  | 1     |
| 400 Individual Medley | 5:08.84 | 5:03.10         | 637          | 25/06/15 | Scottish National Open Championships          | Glasgow   | SCO1005  | 1     |

## **Short Course**

| Stroke                | SC Time | Converted to LC | SC WA<br>Pts | Date     | Meet                                    | Venue      | License  | Level |
|-----------------------|---------|-----------------|--------------|----------|---|------------|----------|-------|
| 50 Freestyle          | 27.95   | 28.70           | 552          | 12/07/15 | Nottingham Leander Tony Holmes Meet     | Nottingham | EM150258 | 3     |
| 100 Freestyle         | 1:00.01 | 1:01.40         | 587          | 07/12/14 | Midland Short Course Championships      | Rugby      | WM14348  | 2     |
| 200 Freestyle         | 2:11.47 | 2:14.10         | 590          | 15/11/14 | Nottingham Leander Club Championships   | Nottingham | EM14729  | 4     |
| 400 Freestyle         | 4:31.64 | 4:36.80         | 617          | 06/12/14 | Midland Short Course Championships      | Rugby      | WM14348  | 2     |
| 800 Freestyle         | 9:21.02 | 9:31.20         | 616          | 01/03/14 | Nottinghamshire ASA BG Age Group Champs | Mansfield  | CC4034   | 2     |
| 50 Breaststroke       | 34.96   | 35.80           | 534          | 12/07/15 | Nottingham Leander Tony Holmes Meet     | Nottingham | EM150258 | 3     |
| 100 Breaststroke      | 1:14.87 | 1:16.50         | 577          | 19/10/14 | BG ASA National County Team Division 1  | Sheffield  | ASA137   | 2     |
| 200 Breaststroke      | 2:41.61 | 2:44.80         | 577          | 16/11/14 | Nottingham Leander Club Championships   | Hucknall   | EM14584  | 4     |
| 50 Butterfly          | 30.67   | 31.30           | 502          | 12/07/15 | Nottingham Leander Tony Holmes Meet     | Nottingham | EM150258 | 3     |
| 100 Butterfly         | 1:10.70 | 1:11.80         | 446          | 01/03/14 | Nottinghamshire ASA BG Age Group Champs | Mansfield  | CC4034   | 2     |
| 200 Butterfly         | 2:30.98 | 2:33.10         | 497          | 16/03/14 | Nottinghamshire County Championships    | Nottingham | CC4035   | 2     |
| 50 Backstroke         | 31.66   | 32.30           | 507          | 12/07/15 | Nottingham Leander Tony Holmes Meet     | Nottingham | EM150258 | 3     |
| 100 Backstroke        | 1:10.89 | 1:12.00         | 464          | 16/03/14 | Nottinghamshire County Championships    | Nottingham | CC4035   | 2     |
| 200 Backstroke        | 2:25.33 | 2:27.60         | 548          | 06/12/14 | Midland Short Course Championships      | Rugby      | WM14348  | 2     |
| 200 Individual Medley | 2:24.21 | 2:26.90         | 603          | 06/12/14 | Midland Short Course Championships      | Rugby      | WM14348  | 2     |
| 400 Individual Medley | 5:08.43 | 5:14.10         | 591          | 01/03/14 | Nottinghamshire ASA BG Age Group Champs | Mansfield  | CC4034   | 2     |
| 100 Individual Medley | 1:06.74 | 1:06.70         | 607          | 12/07/15 | Nottingham Leander Tony Holmes Meet     | Nottingham | EM150258 | 3     |

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