

Individual Best Times (All Time)

Michael Poynton - (42161) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.74	23.90	603	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Freestyle	54.75	53.20	626	17/05/08	Manchester Open 2008	Manchester	NW8155	1
200 Freestyle	1:55.37	1:52.30	691	01/08/08	National Youth Champs 2008	Sheffield	ASA082	1
400 Freestyle	4:06.14	4:00.40	714	29/07/08	National Youth Champs 2008	Sheffield	ASA082	1
800 Freestyle	9:04.03	8:53.30	573	02/08/06	National Youth & Open 2006	Sheffield	ASA060	1
1500 Freestyle	18:06.08	17:46.90	515	29/04/06	ASA North West Region	Manchester	NWR601	1
50 Breaststroke	30.44	29.40	619	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Breaststroke	1:08.36	1:06.50	576	12/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
200 Breaststroke	2:37.50	2:34.10	505	08/03/08	Lancashire County Champs	Manchester	CC8019	2
50 Butterfly	31.31	30.70	359	11/07/04	Leeds Graded Grand Prix Meet	Leeds	L3E136	1
100 Butterfly	1:00.47	59.20	546	10/12/06	Speedo North West Finals	Manchester	NW6236	1
200 Butterfly	2:22.69	2:20.50	462	17/05/08	Manchester Open 2008	Manchester	NW8155	1
50 Backstroke	39.63	39.10	209	17/03/02	Lancashire County Championship	Wigan	CTY182	1
100 Backstroke	1:08.31	1:07.10	431	10/12/06	Speedo North West Finals	Manchester	NW6236	1
200 Backstroke	2:35.60	2:33.40	372	11/07/04	Leeds Graded Grand Prix Meet	Leeds	L3E136	1
200 Individual Medley	2:09.06	2:06.00	689	31/07/08	National Youth Champs 2008	Sheffield	ASA082	1
400 Individual Medley	4:40.61	4:34.30	645	11/01/08	Welsh New Year Dragon	Swansea	WAL175	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.58	24.40	624	14/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Freestyle	51.06	52.70	677	15/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
200 Freestyle	2:00.30	2:03.10	563	22/04/07	Harrogate Spa Town Dist	Harrogate	NE7060	1
400 Freestyle	4:03.86	4:09.50	659	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
800 Freestyle	8:42.48	8:53.40	611	08/04/06	Harrogate Spa Town Meet	Harrogate	NE6037	1
1500 Freestyle	19:58.49	20:15.60	352	31/01/04	North Lancs Bagcats & Youth AG	Salt Ayre	L2N058	2
50 Breaststroke	29.21	30.30	623	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Breaststroke	1:05.15	1:07.00	610	13/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
200 Breaststroke	2:38.14	2:41.40	438	02/10/05	North Lancs Open Age Champ	Blackpool	NW5057	2
50 Butterfly	30.13	30.80	376	09/07/05	Liverpool Open Sprint Meet	Liverpool	L3N319	2
100 Butterfly	1:07.24	1:08.40	358	01/10/05	North Lancs Open Age Champ	Blackpool	NW5057	2
200 Butterfly	2:14.99	2:17.30	495	22/04/07	Harrogate Spa Town Dist	Harrogate	NE7060	1
50 Backstroke	31.04	31.70	361	27/06/09	Chorley Marlins Gala	Chorley	NW9364	4
100 Backstroke	1:06.22	1:07.40	388	27/06/09	Chorley Marlins Gala	Chorley	NW9364	4
200 Backstroke	2:25.00	2:27.30	386	02/10/05	North Lancs Open Age Champ	Blackpool	NW5057	2
200 Individual Medley	2:10.94	2:13.90	586	28/01/07	North Lancs Age Groups	Blackpool	NW7092	2
400 Individual Medley	4:34.36	4:40.70	626	22/04/07	Harrogate Spa Town Dist	Harrogate	NE7060	1
100 Individual Medley	1:08.64	1:08.60	370	09/07/05	Liverpool Open Sprint Meet	Liverpool	L3N319	2