

# Individual Best Times (All Time)

Ewan Ronald - (426312) - Team Northumbria Water Polo Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.27	25.50	504	08/02/15	Northamptonshire ASA 2015 County Championships	Corby	CC150458	1
100 Freestyle	55.90	54.40	589	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
200 Freestyle	2:03.18	2:00.30	567	28/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
400 Freestyle	4:26.77	4:21.50	561	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Breaststroke	35.65	34.80	385	24/01/16	Northamptonshire County Championships	Corby	EM160443	1
100 Breaststroke	1:19.60	1:18.00	364	06/02/16	Northamptonshire County Championships	Corby	EM160444	1
50 Butterfly	27.24	26.50	546	19/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
100 Butterfly	58.68	57.40	598	24/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
200 Butterfly	2:09.18	2:06.70	623	17/05/15	Northampton Spring Festival	Corby	EM150349	1
50 Backstroke	31.04	30.40	436	23/01/16	Northamptonshire County Championships	Corby	EM160443	1
100 Backstroke	1:06.79	1:05.60	461	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
200 Backstroke	2:26.67	2:24.40	444	21/12/14	Northampton Winter Festival Meet	Corby	EM14228	1
200 Individual Medley	2:21.36	2:18.50	524	20/12/14	Northampton Winter Festival Meet	Corby	EM14228	1
400 Individual Medley	5:48.55	5:43.50	336	25/02/12	Leicestershire County Championships	Loughborough	CC2062	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.38	26.20	501	18/10/15	ASA National County Teams Division 2	Sheffield	ASA145	2
100 Freestyle	54.48	56.00	557	18/10/15	ASA National County Teams Division 2	Sheffield	ASA145	2
200 Freestyle	1:58.73	2:01.60	586	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
400 Freestyle	4:19.53	4:24.90	546	25/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
50 Breaststroke	35.49	36.40	347	21/09/14	Northampton ASA 2014 Short Course Competition	Corby	EM14096	3
100 Breaststroke	1:19.48	1:21.00	336	01/09/12	Leicester Penguins Club Championships	Braunstone	EM2494	4
200 Breaststroke	2:49.73	2:52.80	354	17/11/12	Leicester Penguins Club Championships	Braunstone	EM2494	4
50 Butterfly	26.83	27.50	532	20/11/15	The Leicester Open Meet	Leicester	EM151050	2
100 Butterfly	58.25	59.50	551	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Butterfly	2:07.88	2:10.30	583	21/11/15	The Leicester Open Meet	Leicester	EM151050	2
50 Backstroke	30.28	30.90	389	19/10/14	BG ASA National County Team Division 2	Sheffield	ASA138	2
100 Backstroke	1:03.00	1:04.30	451	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
200 Backstroke	2:19.98	2:22.30	429	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
200 Individual Medley	2:14.18	2:17.10	545	20/11/15	The Leicester Open Meet	Leicester	EM151050	2
100 Individual Medley	1:03.42	1:03.40	469	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1