

Individual Best Times (All Time)

Cameron Bashir - (45410) - Chelmsford City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.57	25.80	487	21/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
100 Freestyle	59.81	58.40	480	23/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
200 Freestyle	2:14.27	2:11.70	438	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
400 Freestyle	4:37.51	4:32.40	498	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
800 Freestyle	9:39.09	9:29.00	475	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
1500 Freestyle	18:05.30	17:46.10	516	13/06/09	East Region Age Groups	Norwich	ERX914	1
100 Breaststroke	1:17.15	1:15.50	400	14/06/09	East Region Age Groups	Norwich	ERX914	1
200 Breaststroke	2:41.49	2:38.20	469	13/06/09	East Region Age Groups	Norwich	ERX914	1
100 Backstroke	1:15.22	1:14.10	322	03/10/09	Robin Hood Open Meet	Sheffield	EM9305	1
200 Backstroke	3:02.22	3:00.40	231	10/06/06	East Region BAGCATS	Norwich	ERX614	1
200 Individual Medley	2:28.01	2:25.30	456	07/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
400 Individual Medley	5:07.62	5:01.90	489	14/06/09	East Region Age Groups	Norwich	ERX914	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.96	27.70	418	02/10/10	Thurrock Season Opener Meet	Thurrock	ER0467	2
100 Freestyle	58.97	1:00.40	439	29/05/10	Colchester Open Meet 2010	Colchester	ER0351	3
200 Freestyle	2:08.24	2:10.90	465	03/10/10	Thurrock Season Opener Meet	Thurrock	ER0467	2
400 Freestyle	4:28.68	4:33.80	492	21/03/10	Suffolk County Champs	Ipswich	CC0052	2
800 Freestyle	9:15.17	9:25.50	509	26/10/10	Colchester Club Champs	Colchester	ER0742	4
1500 Freestyle	17:42.20	18:01.40	506	07/11/09	East Region Winter Champs	Norwich	ERX927	2
50 Breaststroke	35.10	36.00	359	27/11/10	Essex ASA County Champs	Braintree	ER0718	2
100 Breaststroke	1:15.32	1:17.00	395	07/03/10	Suffolk County Champs	Ipswich	CC0050	2
200 Breaststroke	2:37.86	2:41.20	441	01/11/09	teamipswich Junior Open	Ipswich	ER9497	2
50 Butterfly	30.49	31.10	362	18/04/10	Halstead Open Meet	Braintree	ER0015	3
100 Butterfly	1:07.07	1:08.20	361	29/05/10	Colchester Open Meet 2010	Colchester	ER0351	3
200 Butterfly	2:33.47	2:35.50	337	13/03/10	Suffolk County Champs	Ipswich	CC0051	2
50 Backstroke	32.45	33.10	316	13/03/10	Suffolk County Champs	Ipswich	CC0051	2
100 Backstroke	1:08.51	1:09.70	351	14/03/10	Suffolk County Champs	Ipswich	CC0051	2
200 Backstroke	2:25.55	2:27.80	382	06/03/10	Suffolk County Champs	Ipswich	CC0050	2
200 Individual Medley	2:24.01	2:26.70	441	14/03/10	Suffolk County Champs	Ipswich	CC0051	2
400 Individual Medley	5:04.58	5:10.30	458	03/10/10	Thurrock Season Opener Meet	Thurrock	ER0467	2
100 Individual Medley	1:07.03	1:07.00	397	18/04/10	Halstead Open Meet	Braintree	ER0015	3