

# Individual Best Times (All Time)

Myles Stirk - (469077) - City of Sheffield Swim Squad Ltd

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.55	22.70	699	28/07/18	British Summer Championships	Sheffield	BSW006	1
100 Freestyle	52.02	50.40	730	01/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
200 Freestyle	1:55.61	1:52.60	686	27/07/18	British Summer Championships	Sheffield	BSW006	1
400 Freestyle	4:16.10	4:10.60	634	02/08/15	British Summer Championships	Sheffield	ASA141	1
1500 Freestyle	17:33.15	17:13.40	565	21/12/14	City of Leeds Christmas Meet	Leeds	NE4024	1
50 Breaststroke	31.11	30.10	580	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:11.11	1:09.30	511	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
50 Butterfly	26.63	25.90	584	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	58.65	57.30	599	21/05/17	ASA North East Region Championships	Sunderland	NE170146	1
50 Backstroke	27.64	26.90	618	01/07/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Backstroke	56.96	55.50	743	25/07/18	British Summer Championships	Sheffield	BSW006	1
200 Backstroke	2:05.44	2:02.80	710	31/07/16	British Summer Championships	Sheffield	ASA148	1
200 Individual Medley	2:07.91	2:04.80	707	17/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
400 Individual Medley	4:35.94	4:29.50	678	28/07/16	British Summer Championships	Sheffield	ASA148	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.29	24.20	648	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	50.41	52.00	703	10/02/18	Yorkshire County Championships	Leeds	NE180136	2
200 Freestyle	1:52.56	1:55.60	688	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
400 Freestyle	4:20.54	4:25.90	540	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
50 Breaststroke	29.84	30.90	584	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:05.91	1:07.80	589	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
50 Butterfly	25.64	26.40	610	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	57.50	58.80	573	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
50 Backstroke	26.27	27.00	596	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	55.75	57.20	651	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
200 Backstroke	2:02.15	2:04.80	646	15/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
200 Individual Medley	2:05.42	2:08.50	667	03/02/18	Yorkshire County Championships	Leeds	NE180135	2
400 Individual Medley	4:32.46	4:38.80	640	18/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Individual Medley	59.44	59.40	569	23/10/16	City of Leeds Autumn Open Meet	Leeds	NE161832	2