

Individual Best Times (All Time)

Haydn Good - (478364) - City of Southend on Sea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.20	31.50	273	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Freestyle	1:02.19	1:00.80	427	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:14.95	2:12.40	431	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
400 Freestyle	4:42.10	4:37.10	474	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
1500 Freestyle	19:25.14	19:07.30	417	22/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Breaststroke	1:43.29	1:42.10	166	27/05/12	Greenwich Borough ASA Beacon Open Meet	Crystal Palace	LR2094	1
200 Breaststroke	3:46.00	3:43.60	171	18/12/11	Killerwhales Winter Open	Basildon	LR1534	1
100 Backstroke	1:30.46	1:29.60	185	18/12/11	Killerwhales Winter Open	Basildon	LR1534	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.24	29.00	363	16/07/16	Southend on Sea Summer Sprint Meet	Southend	ER161159	3
100 Freestyle	58.72	1:00.10	445	02/12/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162130	4
200 Freestyle	2:09.33	2:12.00	453	04/12/15	Southend on Sea Club Champs 4	Southend on Sea	ER151608	4
400 Freestyle	4:30.06	4:35.20	485	25/11/16	Southend on Sea 400m Club Meet	Southend on Sea	ER162380	4
1500 Freestyle	18:11.50	18:30.20	467	03/12/16	BPSC 1500 800 County/Regional Qualifier 2016	Basildon	ER161506	3
50 Breaststroke	39.63	40.40	249	16/07/16	Southend on Sea Summer Sprint Meet	Southend	ER161159	3
100 Breaststroke	1:32.38	1:33.70	214	20/11/15	Southend on Sea Club Champs 1	Southend on Sea	ER151605	4
200 Breaststroke	3:07.00	3:09.80	265	11/11/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162129	4
50 Butterfly	32.76	33.30	292	02/12/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162130	4
100 Butterfly	1:13.87	1:14.90	270	11/11/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162129	4
200 Butterfly	2:47.04	2:48.90	261	04/12/15	Southend on Sea Club Champs 4	Southend on Sea	ER151608	4
50 Backstroke	35.93	36.50	233	20/11/15	Southend on Sea Club Champs 1	Southend on Sea	ER151605	4
100 Backstroke	1:22.75	1:23.70	199	04/12/15	Southend on Sea Club Champs 4	Southend on Sea	ER151608	4
200 Backstroke	2:44.60	2:46.60	264	02/12/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162130	4
200 Individual Medley	2:33.78	2:36.30	362	14/10/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162128	4
400 Individual Medley	5:50.98	5:56.00	299	25/11/16	Southend on Sea 400m Club Meet	Southend on Sea	ER162380	4
100 Individual Medley	1:12.69	1:12.70	311	11/11/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162129	4