

# Individual Best Times (All Time)

Conall Jaques - (480533) - Ramseian SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.00	26.20	464	08/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
100 Freestyle	58.09	56.60	524	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:08.65	2:05.90	498	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
400 Freestyle	5:19.18	5:14.70	327	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
50 Breaststroke	50.09	49.50	139	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
50 Butterfly	28.74	28.10	465	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
100 Butterfly	1:21.44	1:20.50	223	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
50 Backstroke	32.15	31.50	393	07/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
100 Backstroke	1:23.68	1:22.70	234	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.14	26.90	458	21/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
100 Freestyle	57.22	58.70	481	30/11/14	Isle of Man November Swimming Champs	Douglas	NW14669	2
200 Freestyle	2:05.52	2:08.30	496	10/01/15	Isle of Man SA Match Series	IOM	NW150528	3
400 Freestyle	4:35.79	4:40.80	455	31/10/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
800 Freestyle	10:20.27	10:29.50	365	24/02/12	Isle of Man Swimming Association Champs	Douglas	NW2203	2
1500 Freestyle	18:08.95	18:27.70	470	20/02/15	Isle of Man SA Match Series	IOM	NW150530	3
50 Breaststroke	38.18	39.00	279	20/02/16	IOMSA Match Series	Douglas	NW160320	3
100 Breaststroke	1:37.22	1:38.50	183	10/12/11	Isle of Man League Match Series	Douglas	NW1690	1
200 Breaststroke	3:42.50	3:44.90	157	04/12/10	Isle of Man Swagelok League Match 3	Douglas	NW0872	3
50 Butterfly	28.77	29.40	432	22/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
100 Butterfly	1:04.96	1:06.10	397	21/02/15	Isle of Man SA Match Series	IOM	NW150530	3
200 Butterfly	2:55.17	2:57.00	226	18/03/12	Isle of Man Swimming Association Champs	Douglas	NW2204	2
50 Backstroke	31.08	31.70	360	16/01/16	IOMSA Match Series	Douglas	NW160318	3
100 Backstroke	1:06.82	1:08.00	378	30/11/14	Isle of Man November Swimming Champs	Douglas	NW14669	2
200 Backstroke	2:31.74	2:33.90	337	30/11/13	Isle of Man Championships	Isle of Man	NW3983	2
200 Individual Medley	2:30.45	2:33.00	386	29/11/14	Isle of Man November Swimming Champs	Douglas	NW14669	2
400 Individual Medley	6:19.18	6:23.80	237	11/03/11	Isle of Man Swimming Championships	Douglas	NW1210	2
100 Individual Medley	1:07.74	1:07.70	385	01/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2