

Individual Best Times (All Time)

Frederick Goudie - (482344) - Anaconda SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.57	24.70	546	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Freestyle	55.51	54.00	601	25/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
200 Freestyle	2:11.60	2:08.90	465	02/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
400 Freestyle	4:46.48	4:41.50	453	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
50 Breaststroke	30.60	29.60	609	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Breaststroke	1:16.77	1:15.10	406	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Breaststroke	2:49.15	2:46.00	408	09/05/15	London Region Summer Championships	London	LR150562	1
50 Butterfly	27.18	26.50	550	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Butterfly	1:02.57	1:01.30	493	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
200 Butterfly	2:56.37	2:54.60	244	13/05/12	Beckenham International Open Meet	London	LR2276	1
50 Backstroke	29.92	29.20	487	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Backstroke	1:08.80	1:07.60	421	08/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
200 Backstroke	2:25.65	2:23.30	453	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Individual Medley	2:28.20	2:25.50	455	09/05/15	London Region Summer Championships	London	LR150562	1
400 Individual Medley	5:21.93	5:16.40	427	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.83	25.70	535	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Freestyle	53.80	55.30	578	09/12/17	NASL - London Rounds 2017 - Division 1 & 2	Becontree	ER172129	3
200 Freestyle	2:08.19	2:10.90	465	29/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
400 Freestyle	4:39.42	4:44.40	438	15/03/14	Middlesex County Championships	Enfield	CC4094	2
1500 Freestyle	18:21.58	18:40.10	454	25/01/14	Hackney Aquatics Club 1st Distance Meet	Hackney	LR4211	3
50 Breaststroke	30.47	31.50	549	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Breaststroke	1:12.15	1:13.90	449	31/10/15	Enfield Swim Squad County Qualifier	Enfield	LR150549	3
200 Breaststroke	2:34.63	2:38.00	469	01/11/15	Enfield Swim Squad County Qualifier	Enfield	LR150549	3
50 Butterfly	27.05	27.70	519	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Butterfly	59.15	1:00.40	527	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
200 Butterfly	2:28.40	2:30.50	373	28/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Backstroke	28.08	28.80	488	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Backstroke	1:02.09	1:03.40	471	11/11/17	NASL - London Rounds 2017 - Division 1 & 2	Becontree	ER172124	3
200 Backstroke	2:17.27	2:19.70	455	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2
200 Individual Medley	2:15.04	2:17.90	535	14/11/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152119	3
400 Individual Medley	5:06.10	5:11.80	451	18/01/15	Middlesex County Championships 2015	Hendon	CC150221	2
100 Individual Medley	1:07.09	1:07.10	396	21/06/14	Hackney & Islington Summer Championships	London	LR4774	4