

Individual Best Times (All Time)

Aaron Blake - (507592) - Sheffield City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.30	28.60	363	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3
100 Freestyle	1:07.53	1:06.30	334	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3
200 Freestyle	2:42.82	2:40.70	245	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
400 Freestyle	5:29.75	5:25.50	297	08/01/12	Sheffield & District ASA Championships	Sheffield	NE2101	4
50 Breaststroke	40.66	39.90	259	08/07/12	Borough of Barnsley Summer Sizzler	Sheffield	NE2432	3
100 Breaststroke	1:28.11	1:26.70	269	08/01/12	Sheffield & District ASA Championships	Sheffield	NE2101	4
200 Breaststroke	3:38.34	3:35.90	189	16/01/10	Rotherham Metro A&B Meet	Sheffield	NE0066	3
50 Butterfly	41.85	41.40	150	04/07/10	Barnsley Summer Sizzler	Sheffield	NE0412	3
100 Butterfly	1:18.42	1:17.40	250	17/12/11	Sheffield City 23rd Annual B Grade Meet	Sheffield	NE1437	3
50 Backstroke	33.58	33.00	344	16/11/13	Sheffield City 25th B Grade Meet	Sheffield	NE3415	3
100 Backstroke	1:18.11	1:17.10	288	08/07/12	Borough of Barnsley Summer Sizzler	Sheffield	NE2432	3
200 Individual Medley	2:46.98	2:44.60	318	08/07/12	Borough of Barnsley Summer Sizzler	Sheffield	NE2432	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.36	28.10	400	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
100 Freestyle	1:02.07	1:03.40	377	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
200 Freestyle	2:23.45	2:25.90	332	14/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	NE2071	3
400 Freestyle	5:19.62	5:24.00	292	17/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	NE1262	4
50 Breaststroke	35.24	36.10	354	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
100 Breaststroke	1:21.96	1:23.50	306	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
200 Breaststroke	3:00.19	3:03.10	296	15/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	NE2071	3
50 Butterfly	30.28	30.90	370	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
100 Butterfly	1:11.72	1:12.80	295	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
50 Backstroke	32.46	33.10	316	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	NE3214	3
100 Backstroke	1:09.50	1:10.60	336	15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	NE3090	3
200 Backstroke	2:47.69	2:49.70	249	16/07/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1082	3
200 Individual Medley	2:41.40	2:43.80	313	21/06/14	Scarborough SC A & B Graded Meet	Scarborough	NE4111	3
100 Individual Medley	1:10.13	1:10.10	346	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3