

Individual Best Times (All Time)

Jamie Regan - (517916) - Beckenham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.17	27.40	408	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
100 Freestyle	1:00.58	59.20	462	10/05/15	London Region Summer Championships	London	LR150562	1
200 Freestyle	2:13.22	2:10.60	448	02/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
400 Freestyle	4:44.27	4:39.30	463	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
100 Breaststroke	1:29.32	1:27.90	258	08/06/13	ASA London Region Age Group Championship	London	LRX311	1
200 Breaststroke	3:18.09	3:15.40	254	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
50 Butterfly	33.15	32.60	303	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Butterfly	1:19.49	1:18.50	240	14/12/13	Arena Swimming League South Final	Crawley	SE3987	1
50 Backstroke	36.83	36.30	261	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
100 Backstroke	1:17.61	1:16.60	293	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
200 Backstroke	2:42.09	2:40.00	329	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
200 Individual Medley	2:40.67	2:38.20	357	11/05/14	Beckenham International Open Meet	London	LR4343	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.98	27.70	417	11/07/15	Hatfield Summer Spectacle	Hatfield	ER151035	3
100 Freestyle	59.16	1:00.60	435	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2
200 Freestyle	2:08.49	2:11.20	462	21/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
400 Freestyle	4:36.97	4:42.00	450	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
1500 Freestyle	19:08.66	19:26.50	400	05/01/15	Beckenham Club Championships 2014	Beckenham	LR150104	4
50 Breaststroke	38.23	39.00	277	04/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3
100 Breaststroke	1:27.24	1:28.70	254	04/01/14	Bexley Short Course Open Meet	Bexleyheath	LR4016	3
200 Breaststroke	3:09.68	3:12.40	254	23/02/13	Kent County Championships	Gillingham	CC3051	2
50 Butterfly	31.24	31.80	337	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
100 Butterfly	1:16.97	1:18.00	239	04/11/13	Beckenham SC Club Championships	Beckenham	LR3780	4
200 Butterfly	2:53.05	2:54.90	235	18/11/13	Beckenham SC Club Championships	Beckenham	LR3780	4
50 Backstroke	32.88	33.50	304	01/03/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
100 Backstroke	1:13.97	1:15.00	278	01/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
200 Backstroke	2:30.72	2:32.90	344	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2
200 Individual Medley	2:35.25	2:37.80	352	02/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
400 Individual Medley	5:28.12	5:33.40	366	08/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4063	2
100 Individual Medley	1:10.41	1:10.40	342	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2