

Individual Best Times (All Time)

Alan Sumpton - (532313) - South Lincs Competitive SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 26.77 | 26.00 | 476 | 03/05/14 | Midland Swimming - 2014 Youth Championships | Corby | EMR411 | 1 |
| 100 Freestyle | 59.98 | 58.60 | 476 | 04/10/14 | Robin Hood Open Meet 2014 | Sheffield | EM4455 | 1 |
| 50 Breaststroke | 33.63 | 32.70 | 459 | 05/10/14 | Robin Hood Open Meet 2014 | Sheffield | EM4455 | 1 |
| 100 Breaststroke | 1:17.07 | 1:15.40 | 401 | 04/10/14 | Robin Hood Open Meet 2014 | Sheffield | EM4455 | 1 |
| 50 Butterfly | 28.69 | 28.00 | 467 | 04/10/14 | Robin Hood Open Meet 2014 | Sheffield | EM4455 | 1 |
| 100 Butterfly | 1:05.42 | 1:04.30 | 431 | 08/02/15 | UEA City of Norwich SC February Groundhog Meet | Norwich | ER150078 | 1 |
| 50 Backstroke | 32.04 | 31.40 | 397 | 04/10/14 | Robin Hood Open Meet 2014 | Sheffield | EM4455 | 1 |
| 200 Individual Medley | 2:27.06 | 2:24.40 | 465 | 12/07/14 | Northampton Summer Festival Open Meet | Corby | EM4053 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 25.25 | 26.10 | 508 | 10/11/18 | BUCS Short Course Swimming Championships 2018 | Sheffield | NE182328 | 2 |
| 100 Freestyle | 57.89 | 59.30 | 464 | 21/03/15 | Lincolnshire County ASA Swimming Championships | Louth | CC150041 | 2 |
| 200 Freestyle | 2:10.36 | 2:13.00 | 442 | 05/12/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 1500 Freestyle | 18:10.88 | 18:29.60 | 467 | 21/09/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14419 | 4 |
| 50 Breaststroke | 31.77 | 32.70 | 484 | 10/11/18 | BUCS Short Course Swimming Championships 2018 | Sheffield | NE182328 | 2 |
| 100 Breaststroke | 1:18.88 | 1:20.50 | 344 | 04/05/13 | South Lincs SC Tulip Open Meet | Spalding | EM3101 | 3 |
| 200 Breaststroke | 2:51.72 | 2:54.80 | 342 | 29/11/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 50 Butterfly | 28.86 | 29.50 | 428 | 29/11/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 100 Butterfly | 1:07.92 | 1:09.00 | 348 | 05/12/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 200 Butterfly | 2:31.39 | 2:33.50 | 351 | 20/10/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14421 | 4 |
| 50 Backstroke | 31.49 | 32.10 | 346 | 05/12/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 100 Backstroke | 1:07.21 | 1:08.40 | 371 | 20/10/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14421 | 4 |
| 200 Individual Medley | 2:23.52 | 2:26.20 | 445 | 05/12/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14422 | 4 |
| 400 Individual Medley | 5:07.91 | 5:13.60 | 443 | 28/09/14 | South Lincs CSC Club Championships 2014 | Spalding | EM14420 | 4 |
| 100 Individual Medley | 1:03.83 | 1:03.80 | 460 | 21/03/15 | Lincolnshire County ASA Swimming Championships | Louth | CC150041 | 2 |