

Individual Best Times (All Time)

Louis Denison-Foster - (549764) - Haslemere Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.02	30.30	306	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
100 Freestyle	1:08.08	1:06.80	326	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
200 Freestyle	2:37.51	2:35.30	271	15/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
50 Breaststroke	38.68	37.90	301	30/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
100 Breaststroke	1:25.86	1:24.40	290	29/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
200 Breaststroke	3:06.18	3:03.30	306	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
50 Butterfly	41.71	41.30	152	15/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
50 Backstroke	39.89	39.40	205	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
100 Backstroke	1:32.85	1:32.00	171	04/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1
200 Individual Medley	3:00.09	2:57.90	253	15/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.12	30.80	299	01/12/13	Haslemere Christmas Open Meet	Haslemere	SE3192	3
100 Freestyle	1:04.71	1:06.00	332	05/07/14	Bracknell & Woking Summer Meet	Bracknell	SE4228	3
200 Freestyle	2:21.46	2:23.90	346	07/07/13	Haslemere Summer Open Meet	Haslemere	SE3190	3
400 Freestyle	4:58.57	5:03.20	359	06/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
1500 Freestyle	20:19.93	20:36.70	334	09/10/12	Haslemere SC Club Championships	Haslemere	SE2087	4
50 Breaststroke	36.38	37.20	322	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
100 Breaststroke	1:19.33	1:20.90	338	28/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4625	4
200 Breaststroke	2:54.69	2:57.70	325	05/07/14	Bracknell & Woking Summer Meet	Bracknell	SE4228	3
50 Butterfly	36.29	36.80	215	06/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
50 Backstroke	34.87	35.40	254	07/07/13	Haslemere Summer Open Meet	Haslemere	SE3190	3
100 Backstroke	1:18.65	1:19.70	232	07/10/12	Haslemere SC Club Championships	Haslemere	SE2087	4
200 Backstroke	3:05.35	3:07.10	185	10/10/11	Haslemere Club Championships	Haslemere	SE1232	4
200 Individual Medley	2:40.56	2:43.00	318	06/10/13	Haslemere SC Club Championships	Surrey	SE3191	4
400 Individual Medley	6:04.15	6:09.00	268	08/10/12	Haslemere SC Club Championships	Haslemere	SE2087	4
100 Individual Medley	1:16.42	1:16.40	268	01/12/13	Haslemere Christmas Open Meet	Haslemere	SE3192	3