

Individual Best Times (All Time)

Robin Hughes - (554400) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.67	24.80	540	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	55.84	54.30	590	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:10.37	2:07.70	478	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
400 Freestyle	5:02.80	4:58.10	383	13/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
1500 Freestyle	22:45.10	22:29.90	259	18/12/10	Guildford Long Distance Meet	Guildford	SE0096	3
50 Breaststroke	31.13	30.10	579	18/06/17	Crawley Summer Splash Spectacular LC Meet	Crawley	SE170383	3
100 Breaststroke	1:09.34	1:07.50	551	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
200 Breaststroke	2:37.76	2:34.40	503	09/05/15	London Region Summer Championships	London	LR150562	1
50 Butterfly	30.67	30.00	382	09/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
100 Butterfly	1:11.24	1:10.20	334	08/12/13	London Winter Championships	Ealing	LRX324	1
200 Individual Medley	2:25.49	2:22.80	481	09/05/15	London Region Summer Championships	London	LR150562	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.99	25.80	525	18/07/15	Romford Town Open Meet 2015	Braintree	LR150981	3
100 Freestyle	57.14	58.60	483	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Freestyle	2:00.55	2:03.40	560	17/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
400 Freestyle	4:32.28	4:37.40	473	05/01/14	London Bo Redbridge Winter Meet	Barkingside	LR4006	3
50 Breaststroke	30.88	31.90	527	24/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Breaststroke	1:09.43	1:11.20	504	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
200 Breaststroke	2:32.68	2:36.10	487	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
50 Butterfly	29.71	30.30	392	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Butterfly	1:05.67	1:06.80	385	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Butterfly	2:27.84	2:30.00	377	15/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
50 Backstroke	31.66	32.30	340	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Backstroke	1:23.69	1:24.60	192	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	ER1582	4
200 Backstroke	2:46.84	2:48.80	253	07/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	LR2001	3
200 Individual Medley	2:19.13	2:21.90	489	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Individual Medley	1:04.01	1:04.00	456	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2