

Individual Best Times (All Time)

Andrew Sawkins - (728622) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.35	24.50	561	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Freestyle	54.35	52.80	640	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
200 Freestyle	2:08.19	2:05.50	503	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Freestyle	4:31.48	4:26.30	532	02/02/14	East District Open incorporating Grand Prix	Edinburgh	SCO804	1
50 Butterfly	26.55	25.80	590	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Butterfly	59.09	57.80	586	06/04/17	Irish Open Swimming Championships	Dublin	GBR494	1
200 Butterfly	2:26.95	2:24.80	423	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
50 Backstroke	26.51	25.70	701	24/07/18	British Summer Championships	Sheffield	BSW006	1
100 Backstroke	59.12	57.70	664	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Backstroke	2:17.46	2:15.00	539	29/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.60	26.40	488	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
100 Freestyle	52.97	54.50	606	09/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
200 Freestyle	1:59.33	2:02.20	577	29/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
400 Freestyle	4:14.89	4:20.30	577	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
800 Freestyle	9:42.05	9:51.90	442	06/05/12	Carnegie SO Long Meet	Glenrothes	SCO616	2
1500 Freestyle	17:34.09	17:53.50	518	02/11/14	East District Age Group Championships	Fife	SCO896	2
50 Breaststroke	1:14.92	1:15.30	36	08/11/08	Peebles Stars of Future	Peebles	SCO325	3
50 Butterfly	26.17	26.90	574	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Butterfly	58.28	59.60	551	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
200 Butterfly	2:21.26	2:23.50	432	28/11/15	East District Age Group Championships	Glenrothes	SCO1051	1
50 Backstroke	25.69	26.50	637	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
100 Backstroke	56.24	57.60	634	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Backstroke	2:06.87	2:09.50	577	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
100 Individual Medley	1:48.00	1:48.00	95	28/03/09	Warrender Junior Annual MT	Glenrothes	SCO354	2