

# Individual Best Times (All Time)

Richard Sugden - (741786) - Woking SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.87	27.10	422	28/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Freestyle	59.87	58.50	479	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	LR160382	1
200 Freestyle	2:22.78	2:20.30	364	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
400 Freestyle	5:04.07	4:59.40	379	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1
50 Breaststroke	30.92	29.90	591	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Breaststroke	1:10.39	1:08.60	527	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1
200 Breaststroke	2:47.08	2:43.90	423	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
50 Butterfly	32.28	31.70	328	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
50 Backstroke	33.24	32.60	355	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:26.54	1:25.60	211	07/10/12	Crawley SC Long Course Opportunity Meet	Crawley	SE2303	3
200 Individual Medley	2:33.01	2:30.40	413	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
400 Individual Medley	5:49.94	5:44.90	332	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.73	26.50	481	01/10/17	Woking Club Championships	Woking	SE171730	4
100 Freestyle	58.03	59.50	461	22/11/15	Woking SC Club Championships 2015	Woking	SE151350	4
200 Freestyle	2:10.43	2:13.10	442	05/10/14	Woking Club Championships	Woking	SE14377	4
400 Freestyle	4:42.79	4:47.70	422	15/11/15	Woking Club Championships 2015	Woking	SE151349	4
1500 Freestyle	22:10.93	22:26.40	257	16/12/12	Woking SC Club Championships	Woking	SE2801	4
50 Breaststroke	30.78	31.80	532	01/10/17	Woking Club Championships	Woking	SE171730	4
100 Breaststroke	1:08.14	1:10.00	533	15/10/17	Woking Club Championships	Woking	SE171731	4
200 Breaststroke	2:36.50	2:39.80	452	12/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
50 Butterfly	30.02	30.60	380	18/09/16	Woking Club Championships	Woking	SE161600	4
100 Butterfly	1:13.09	1:14.10	279	22/11/15	Woking SC Club Championships 2015	Woking	SE151350	4
200 Butterfly	2:54.14	2:55.90	231	16/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
50 Backstroke	31.63	32.30	341	27/09/15	Woking SC Club Championships 2015	Woking	SE151346	4
100 Backstroke	1:09.78	1:10.90	332	14/10/14	Woking SC Club Championships 2014	Woking	SE14378	4
200 Backstroke	2:30.38	2:32.60	346	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Individual Medley	2:25.68	2:28.40	426	13/11/16	Woking Club Championships	Woking	SE161603	4
400 Individual Medley	5:40.93	5:46.00	326	17/12/13	Woking SC Club Championships	Woking	SE3835	4
100 Individual Medley	1:07.66	1:07.70	386	30/10/16	Woking Club Championships	Woking	SE161602	4