

Individual Best Times (All Time)

Rohan Penney - (744647) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.30	24.50	564	01/08/21	Guildford City SC L3 Summer Open Meet	Surrey Sports Park	SE210200	3
100 Freestyle	56.58	55.10	568	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Freestyle	2:03.91	2:01.10	557	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
400 Freestyle	4:30.30	4:25.10	539	09/02/20	Surrey Age Group Championships 2020	Crystal Palace	LR200260	1
1500 Freestyle	18:34.22	18:15.60	477	29/01/17	Surrey Age Group Championships	Guildford	LR170175	1
50 Breaststroke	34.37	33.40	430	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Breaststroke	1:33.59	1:32.20	224	06/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot	SE151565	3
200 Breaststroke	3:54.05	3:51.80	154	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
50 Butterfly	28.70	28.00	467	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
200 Butterfly	3:45.51	3:44.10	117	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
50 Backstroke	29.34	28.60	517	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
100 Backstroke	1:02.93	1:01.60	551	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Backstroke	2:12.86	2:10.30	597	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Individual Medley	2:17.69	2:14.80	567	26/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
400 Individual Medley	4:58.59	4:52.70	535	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.68	25.50	545	06/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
100 Freestyle	54.08	55.60	570	17/10/21	Winchester City Penguins Autumn Qualifier	Winchester	SE210839	3
200 Freestyle	2:01.58	2:04.40	545	03/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Freestyle	4:20.83	4:26.10	538	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
800 Freestyle	12:08.06	12:16.00	225	24/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
1500 Freestyle	18:16.53	18:35.20	460	29/10/16	Wandsworth Club Championships 2016	Epsom	LR161057	4
50 Breaststroke	33.40	34.30	416	07/10/20	Guildford City SC	Guildford	LEX017	0
100 Breaststroke	1:28.92	1:30.30	240	15/10/16	Wandsworth Club Championships 2016	Epsom	LR161055	4
200 Breaststroke	3:16.90	3:19.60	227	03/10/15	Wandsworth SC Club Championships 2015	Epsom	LR151826	4
50 Butterfly	27.87	28.50	475	07/10/20	Guildford City SC	Guildford	LEX017	0
100 Butterfly	1:04.73	1:05.90	402	19/10/19	WSC Club Championships	Epsom	LR192060	4
200 Butterfly	2:25.20	2:27.40	398	05/01/20	The Royals New Year Meet 2020	Xcel LC	LR200112	3
50 Backstroke	27.57	28.30	515	06/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
100 Backstroke	59.44	1:00.80	537	14/12/19	NASL London Round 3	Becontree	ER192871	3
200 Backstroke	2:08.47	2:11.00	555	17/11/19	Guildford City Winter Open Meet	Surrey Sports Park	SE191744	2
200 Individual Medley	2:13.02	2:15.90	559	17/10/21	Winchester City Penguins Autumn Qualifier	Winchester	SE210839	3
400 Individual Medley	4:54.24	5:00.10	508	05/10/19	WSC Club Championships	Epsom	LR192059	4
100 Individual Medley	1:05.50	1:05.50	425	19/10/19	WSC Club Championships	Epsom	LR192060	4