

Individual Best Times (All Time)

Guy Proctor - (788642) - Dover Lifeguard Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.84	29.60	341	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	1:05.11	1:06.40	326	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
200 Freestyle	2:46.89	2:49.00	211	19/07/14	Dover Life Guard Club Championships	Dover	SE4709	4
800 Freestyle	13:16.20	13:23.50	172	14/07/14	Dover Life Guard Club Championships	Dover	SE4708	4
50 Breaststroke	39.27	40.10	256	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Breaststroke	1:39.75	1:41.00	170	10/07/14	Dover Life Guard Club Championships	Dover	SE4707	4
50 Backstroke	41.81	42.30	147	10/07/14	Dover Life Guard Club Championships	Dover	SE4707	4
100 Backstroke	1:31.70	1:32.60	146	13/09/14	Dover Life Guard Club Championships	Dover	SE4710	4