

# Individual Best Times (All Time)

Richard Cole - (7893) - Blackpool Aquatics ASC

Long Course

| Stroke        | LC Time | Converted to SC | LC WA Pts | Date     | Meet                           | Venue               | Licence | Level |
|---------------|---------|-----------------|-----------|----------|--------------------------------|---------------------|---------|-------|
| 50 Freestyle  | 25.93   | 25.10           | 524       | 08/07/01 | Northern Counties Sprints      | Wigan               | NOR013  | 1     |
| 100 Freestyle | 59.69   | 58.30           | 483       | 11/03/00 | Lancashire County Champs       | Wigan International | CTY084  | 1     |
| 200 Freestyle | 2:10.96 | 2:08.30         | 472       | 27/03/99 | Lancashire Champs & Age Groups | Wigan Int. Pool     | CTY039  | 1     |
| 400 Freestyle | 4:42.14 | 4:37.10         | 474       | 13/03/99 | Lancashire Champs & Age Groups | Wigan Int. Pool     | CTY039  | 1     |
| 50 Butterfly  | 28.74   | 28.10           | 465       | 11/03/01 | Lancashire County Championship | Wigan Int Pool      | CTY129  | 1     |
| 100 Butterfly | 1:07.65 | 1:06.50         | 390       | 23/04/00 | City Of Leeds Age Group Meet   | Leeds International | DME035  | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                        | Venue               | License | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------|---------------------|---------|-------|
| 50 Freestyle          | 25.35   | 26.20           | 502       | 02/03/02 | North Lancashire Age Groups | Salt Ayre           | DMN061  | 2     |
| 100 Freestyle         | 56.37   | 57.80           | 503       | 03/03/02 | North Lancashire Age Groups | Salt Ayre           | DMN061  | 2     |
| 200 Freestyle         | 2:04.82 | 2:07.60         | 504       | 03/03/01 | North Lancashire Age Groups | Salt Ayre Lancaster | DMN040  | 2     |
| 400 Freestyle         | 4:25.17 | 4:30.40         | 512       | 03/03/01 | North Lancashire Age Groups | Salt Ayre Lancaster | DMN040  | 2     |
| 50 Butterfly          | 28.94   | 29.60           | 424       | 18/02/01 | North Lancashire Age Groups | Salt Ayre Lancaster | DMN040  | 2     |
| 100 Butterfly         | 1:05.09 | 1:06.20         | 395       | 28/11/99 | Stockport Open Meet         | Stockport           | DMN017  | 2     |
| 200 Butterfly         | 2:23.98 | 2:26.20         | 408       | 05/03/00 | North Lancs Age Groups      | Fleetwood           | DMN026  | 2     |
| 200 Individual Medley | 2:32.99 | 2:35.50         | 367       | 04/04/98 | North Lancs Age Groups      | Salt Ayre           | DMN011  | 2     |
| 400 Individual Medley | 5:29.65 | 5:34.90         | 361       | 05/04/98 | North Lancs Age Groups      | Salt Ayre           | DMN011  | 2     |