

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.38	25.60	498	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Freestyle	57.39	55.90	544	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
200 Freestyle	2:09.45	2:06.70	489	12/03/17	Jorvik Spring Festival LC Meet	Leeds	NE170344	3
400 Freestyle	6:50.91	6:47.50	153	07/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	NE1168	1
1500 Freestyle	20:48.41	20:31.70	339	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
50 Breaststroke	30.82	29.80	596	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
100 Breaststroke	1:07.60	1:05.70	595	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Breaststroke	2:27.62	2:24.00	614	05/05/18	North East Region Championships	Sheffield	NE180150	1
50 Butterfly	27.51	26.80	530	26/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
100 Butterfly	58.83	57.50	593	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Butterfly	2:22.46	2:20.20	464	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
50 Backstroke	31.07	30.40	435	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Backstroke	1:08.20	1:07.00	433	26/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
200 Individual Medley	2:18.13	2:15.30	562	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
400 Individual Medley	5:45.10	5:40.00	346	21/02/15	Yorkshire County Championships	Leeds	NE150623	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.72	26.50	481	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	55.99	57.50	513	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
200 Freestyle	2:02.25	2:05.10	537	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
400 Freestyle	4:25.25	4:30.50	512	13/07/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180819	4
1500 Freestyle	18:33.11	18:51.50	440	15/10/17	BOK Grand Prix Invitational Series	Huddersfield	NE171825	4
50 Breaststroke	29.70	30.70	592	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Breaststroke	1:04.61	1:06.50	626	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
200 Breaststroke	2:22.83	2:26.50	595	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
50 Butterfly	27.08	27.80	518	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Butterfly	57.85	59.10	563	21/10/18	Orion Club Championship 2018	Edgbaston	WM181940	4
200 Butterfly	2:12.32	2:14.70	526	20/10/17	Halifax Internal Club Galas	Halifax	NE170629	4
50 Backstroke	29.95	30.60	402	25/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
100 Backstroke	1:06.84	1:08.00	378	15/12/16	Halifax Club Galas & Time Trials	Halifax	NE160614	4
200 Backstroke	2:18.50	2:20.90	443	02/03/17	Halifax Internal Club Galas	Halifax	NE170625	4
200 Individual Medley	2:11.78	2:14.70	575	20/12/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180823	4
400 Individual Medley	4:54.81	5:00.70	505	20/07/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180820	4
100 Individual Medley	1:02.52	1:02.50	489	17/06/17	Viking Sprints 2017	Leeds	NE170620	3