

# Individual Best Times (All Time)

John Wright - (809181) - Harrogate District SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                  | Venue      | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------|------------|----------|-------|
| 50 Freestyle          | 26.12    | 25.30           | 513       | 17/01/16 | City of Sunderland New Year Meet      | Sunderland | NE160356 | 1     |
| 100 Freestyle         | 57.12    | 55.60           | 552       | 13/02/16 | Yorkshire County Championships        | Leeds      | NE160069 | 1     |
| 200 Freestyle         | 2:02.59  | 1:59.70         | 576       | 07/02/16 | Yorkshire County Championships        | Leeds      | NE160068 | 1     |
| 400 Freestyle         | 4:22.55  | 4:17.20         | 588       | 06/02/16 | Yorkshire County Championships        | Leeds      | NE160068 | 1     |
| 1500 Freestyle        | 17:06.16 | 16:45.90        | 611       | 14/02/16 | Yorkshire County Championships        | Leeds      | NE160069 | 1     |
| 50 Breaststroke       | 34.57    | 33.60           | 422       | 16/01/16 | City of Sunderland New Year Meet      | Sunderland | NE160356 | 1     |
| 100 Breaststroke      | 1:15.39  | 1:13.70         | 429       | 06/02/16 | Yorkshire County Championships        | Leeds      | NE160068 | 1     |
| 200 Breaststroke      | 2:55.45  | 2:52.40         | 365       | 12/04/14 | Sports Aid Open Meet 2014             | Leeds      | NE4126   | 1     |
| 50 Butterfly          | 29.45    | 28.80           | 432       | 19/12/15 | City of Leeds Christmas Meet 2015     | Leeds      | NE150109 | 3     |
| 100 Butterfly         | 1:04.78  | 1:03.60         | 444       | 19/12/15 | City of Leeds Christmas Meet 2015     | Leeds      | NE150109 | 3     |
| 200 Butterfly         | 2:34.40  | 2:32.30         | 364       | 12/04/14 | Sports Aid Open Meet 2014             | Leeds      | NE4126   | 1     |
| 50 Backstroke         | 30.18    | 29.50           | 475       | 17/01/16 | City of Sunderland New Year Meet      | Sunderland | NE160356 | 1     |
| 100 Backstroke        | 1:03.64  | 1:02.40         | 533       | 14/02/16 | Yorkshire County Championships        | Leeds      | NE160069 | 1     |
| 200 Backstroke        | 2:12.64  | 2:10.10         | 600       | 19/03/16 | City of Sunderland National Qualifier | Sunderland | NE160441 | 1     |
| 200 Individual Medley | 2:13.99  | 2:11.00         | 615       | 03/08/16 | ASA Summer Nationals 2016             | Sheffield  | ASA149   | 1     |
| 400 Individual Medley | 4:51.53  | 4:45.50         | 575       | 02/05/15 | Manchester Open Meet 2015             | Manchester | NW150088 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                         | Venue         | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------------|---------------|----------|-------|
| 50 Freestyle          | 25.62    | 26.40           | 487       | 27/06/16 | Harrogate District Summer Club Championships | Harrogate     | NE161584 | 4     |
| 100 Freestyle         | 55.95    | 57.40           | 514       | 16/07/16 | City of Bradford End of Season Meet          | Shipley       | NE160765 | 3     |
| 200 Freestyle         | 1:59.60  | 2:02.50         | 573       | 26/09/16 | Harrogate District Club Championships        | Harrogate     | NE162120 | 4     |
| 400 Freestyle         | 4:12.21  | 4:17.70         | 596       | 23/10/15 | Middlesbrough Halloween Open Meet            | Middlesbrough | NE151817 | 2     |
| 1500 Freestyle        | 16:54.12 | 17:14.20        | 582       | 19/10/15 | Harrogate District Club Championships        | Harrogate     | NE152049 | 4     |
| 50 Breaststroke       | 32.40    | 33.40           | 456       | 22/06/15 | Harrogate Club Championships                 | Harrogate     | NE151562 | 4     |
| 100 Breaststroke      | 1:12.56  | 1:14.30         | 442       | 11/10/15 | Yorkshire Winter Competition                 | Sheffield     | NE151548 | 2     |
| 200 Breaststroke      | 2:33.50  | 2:36.90         | 479       | 26/09/16 | Harrogate District Club Championships        | Harrogate     | NE162120 | 4     |
| 50 Butterfly          | 27.41    | 28.10           | 499       | 22/06/15 | Harrogate Club Championships                 | Harrogate     | NE151562 | 4     |
| 100 Butterfly         | 1:00.97  | 1:02.20         | 481       | 10/10/15 | Yorkshire Winter Competition                 | Sheffield     | NE151548 | 2     |
| 200 Butterfly         | 2:15.72  | 2:18.00         | 487       | 19/09/16 | Harrogate District Club Championships        | Harrogate     | NE162119 | 4     |
| 50 Backstroke         | 28.44    | 29.10           | 469       | 20/06/16 | Harrogate District Summer Club Championships | Harrogate     | NE161584 | 4     |
| 100 Backstroke        | 1:01.00  | 1:02.30         | 497       | 16/07/16 | City of Bradford End of Season Meet          | Shipley       | NE160765 | 3     |
| 200 Backstroke        | 2:09.47  | 2:12.00         | 543       | 25/10/15 | Middlesbrough Halloween Open Meet            | Middlesbrough | NE151817 | 2     |
| 200 Individual Medley | 2:13.52  | 2:16.40         | 553       | 11/10/15 | Yorkshire Winter Competition                 | Sheffield     | NE151548 | 2     |
| 400 Individual Medley | 4:39.57  | 4:45.80         | 592       | 21/11/15 | ASANER Regional Senior & Youth Championships | Sunderland    | NE151550 | 2     |
| 100 Individual Medley | 1:02.61  | 1:02.60         | 487       | 18/09/16 | Doncaster Dartes September Sprints           | Beverley      | NE160581 | 3     |