

# Individual Best Times (All Time)

Tariq Ukkash - (818772) - Windsor SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.12	26.30	458	17/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
100 Freestyle	1:01.27	59.90	447	07/12/19	Windsor SC Long Course L3 Open Meet	Aldershot	SE193115	3
200 Freestyle	2:34.19	2:31.90	289	12/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1
400 Freestyle	5:33.54	5:29.30	287	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
1500 Freestyle	22:44.75	22:29.50	259	15/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
50 Breaststroke	34.64	33.70	420	16/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
100 Breaststroke	1:20.59	1:19.00	351	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Breaststroke	3:00.00	2:57.00	338	16/05/15	ASASER Swimming Championships	Crawley	SE150984	1
50 Butterfly	28.93	28.30	456	17/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	SW190381	1
100 Butterfly	1:07.46	1:06.30	393	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
200 Butterfly	3:06.85	3:05.10	205	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
50 Backstroke	43.27	42.80	161	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
100 Backstroke	1:26.93	1:26.00	209	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
200 Backstroke	3:11.47	3:09.70	199	18/05/13	Bracknell & Wokingham Level 1 Open Meet	Aldershot	SE3133	1
200 Individual Medley	2:48.36	2:46.00	310	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
400 Individual Medley	6:09.94	6:05.20	281	31/05/14	ASA South East Region Age Group Championships	Crawley	SER418	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.52	27.30	439	23/10/20	Brighton SC	Prince Regent	LEX181	0
100 Freestyle	59.89	1:01.30	419	22/09/19	Windsor 2019 Club Championships	Maidenhead	SE191372	4
200 Freestyle	2:21.08	2:23.50	349	14/09/17	Windsor L4 Club Championships 2017	Windsor	SE171523	4
400 Freestyle	5:09.10	5:13.60	323	16/06/16	Windsor Club Championships	Windsor	SE161462	4
1500 Freestyle	20:31.09	20:47.80	325	12/11/15	Windsor Club Championships	Windsor	SE152298	4
50 Breaststroke	33.72	34.60	405	11/11/18	Windsor Level 3 Sprint Meet 2018	Fleet	SE182426	3
100 Breaststroke	1:15.29	1:16.90	395	02/12/18	Windsor SC Level 3 December Open Meet	Maidenhead	SE182731	3
200 Breaststroke	2:52.04	2:55.10	340	03/10/15	Maxwell Swim Club October 2015 L2 Meet	Aylesbury	SE151637	2
50 Butterfly	29.09	29.70	417	10/11/19	Windsor SC Level 3 Sprint Meet	Fleet	SE192460	3
100 Butterfly	1:07.13	1:08.30	360	19/09/19	Windsor 2019 Club Championships	Windsor	SE191371	4
200 Butterfly	2:52.55	2:54.40	237	07/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
50 Backstroke	33.44	34.00	289	12/11/17	Windsor L3 Sprint Meet	Maidenhead	SE171629	3
100 Backstroke	1:11.53	1:12.60	308	22/09/18	Chalfont Otter Arena League Warm Up 2018	Gerrards Cross	SE182033	4
200 Backstroke	2:42.81	2:44.80	273	24/09/17	Windsor L4 Club Championships 2017	Maidenhead	SE171527	4
200 Individual Medley	2:38.09	2:40.60	333	19/09/19	Windsor 2019 Club Championships	Windsor	SE191371	4
400 Individual Medley	5:39.80	5:44.90	329	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
100 Individual Medley	1:10.75	1:10.80	337	24/09/17	Windsor L4 Club Championships 2017	Windsor	SE171525	4