

Individual Best Times (All Time)

Sean-Patrick McGowan - (853385) - Millfield

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.89	26.10	470	29/10/17	Millfield Super Series	Millfield	SW171202	1
100 Freestyle	57.02	55.50	555	23/01/18	Somerset County Championships 2018	Millfield	SW180228	1
200 Freestyle	2:05.42	2:02.60	537	24/01/18	Somerset County Championships 2018	Millfield	SW180229	1
400 Freestyle	4:28.07	4:22.80	553	13/05/17	ASA SWR Summer Championships	Bristol	SW170195	1
1500 Freestyle	19:37.64	19:20.00	404	08/02/15	Wycombe February Long Distance Meet	Wycombe	SE150252	3
50 Breaststroke	36.81	35.90	350	22/01/18	Somerset County Championships 2018	Millfield	SW180228	1
100 Breaststroke	1:22.92	1:21.40	322	29/10/17	Millfield Super Series	Millfield	SW171202	1
200 Breaststroke	2:56.95	2:53.90	356	23/01/18	Somerset County Championships 2018	Millfield	SW180228	1
50 Butterfly	27.21	26.50	548	29/07/18	British Summer Championships	Sheffield	BSW006	1
100 Butterfly	58.95	57.70	590	27/07/18	British Summer Championships	Sheffield	BSW006	1
200 Butterfly	2:15.78	2:13.40	536	26/07/17	British Summer Championships	Sheffield	BSW002	1
50 Backstroke	30.71	30.10	450	28/10/17	Millfield Super Series	Millfield	SW171202	1
100 Backstroke	1:05.11	1:03.90	497	22/01/18	Somerset County Championships 2018	Millfield	SW180228	1
200 Backstroke	2:26.45	2:24.20	446	28/10/17	Millfield Super Series	Millfield	SW171202	1
200 Individual Medley	2:27.23	2:24.50	464	22/05/16	London Region Summer Age Grp Championships	Crystal Palace	LR160416	1
400 Individual Medley	5:34.34	5:29.00	381	02/05/15	London Region Summer Championships	Crystal Palace	LR150561	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.22	26.00	510	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
100 Freestyle	55.68	57.20	522	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Freestyle	2:02.75	2:05.50	530	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Freestyle	4:25.33	4:30.60	511	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
1500 Freestyle	22:14.17	22:29.60	255	25/01/14	Hackney Aquatics Club 1st Distance Meet	Hackney	LR4211	3
50 Breaststroke	37.83	38.70	286	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
100 Breaststroke	1:17.94	1:19.50	356	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
200 Breaststroke	3:01.34	3:04.20	290	28/11/15	COSC L3 Open Meet	Oxford	SE151813	3
50 Butterfly	26.97	27.70	524	18/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
100 Butterfly	58.04	59.30	557	18/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
200 Butterfly	2:09.95	2:12.40	555	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
50 Backstroke	29.32	30.00	428	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Backstroke	1:02.86	1:04.10	454	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Backstroke	2:15.84	2:18.30	470	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
200 Individual Medley	2:19.23	2:22.00	488	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Individual Medley	5:27.36	5:32.70	369	21/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2
100 Individual Medley	1:08.25	1:08.30	376	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2