

# Individual Best Times (All Time)

Callum Runchman - (853630) - Flitwick Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.80	28.10	382	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Freestyle	1:03.47	1:02.10	402	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:21.86	2:19.40	371	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
400 Freestyle	4:53.95	4:49.10	419	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Breaststroke	47.20	46.50	166	13/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
100 Breaststroke	1:41.83	1:40.60	174	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
50 Butterfly	32.37	31.80	325	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Butterfly	1:12.13	1:11.10	322	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	33.21	32.60	356	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:09.07	1:07.90	416	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Backstroke	2:35.09	2:32.90	375	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	2:37.94	2:35.40	376	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
400 Individual Medley	5:41.96	5:36.80	356	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.62	28.40	388	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
100 Freestyle	1:00.89	1:02.20	399	12/05/19	Leighton Buzzard Springboard Open Meet 2019	Milton Keynes	ER190462	3
200 Freestyle	2:12.33	2:14.90	423	27/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
400 Freestyle	4:53.66	4:58.40	377	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
1500 Freestyle	20:31.55	20:48.20	325	27/04/13	Team Luton Spring Open Meet 2013	Luton	ER3042	3
50 Breaststroke	38.55	39.40	271	12/05/19	Leighton Buzzard Springboard Open Meet 2019	Milton Keynes	ER190462	3
100 Breaststroke	1:46.19	1:47.40	141	25/11/12	Hitchin Open Meet	Hitchin	ER2772	3
200 Breaststroke	4:27.51	4:29.50	90	10/04/11	Harrogate District A B Grade Meet	Harrogate	NE1079	3
50 Butterfly	30.35	31.00	368	26/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
100 Butterfly	1:09.36	1:10.40	326	25/11/17	Linslade Crusaders Last Chance Meet	Bletchley	ER171359	3
200 Butterfly	2:32.25	2:34.30	345	26/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
50 Backstroke	31.25	31.90	354	18/12/16	Modernian Last Chance County Qualifier	Bedford	ER162472	4
100 Backstroke	1:07.57	1:08.70	365	01/10/17	Flitwick Dolphins Club Championships 2017	Flitwick	ER171442	4
200 Backstroke	2:26.13	2:28.40	377	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
200 Individual Medley	2:34.74	2:37.30	355	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
400 Individual Medley	5:32.56	5:37.80	351	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
100 Individual Medley	1:10.87	1:10.90	336	12/05/19	Leighton Buzzard Springboard Open Meet 2019	Milton Keynes	ER190462	3