

Individual Best Times (All Time)

Hayam Ukkash - (874374) - Bracknell & Wokingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.42	25.60	495	12/03/23	Wycombe LC Premier Meet 2023	High Wycombe	SE230318	1
100 Freestyle	1:00.35	59.00	468	11/03/23	Wycombe LC Premier Meet 2023	High Wycombe	SE230318	1
200 Freestyle	2:22.64	2:20.20	365	16/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
50 Breaststroke	31.61	30.60	553	29/04/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
100 Breaststroke	1:12.85	1:11.10	475	29/04/23	SE South East Region Summer Championships 2023	Wycombe	SE230799	1
200 Breaststroke	2:49.33	2:46.20	406	01/08/21	South East Festival of Swimming 2021	Crawley	SE210359	1
50 Butterfly	30.26	29.60	398	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
50 Backstroke	31.33	30.70	424	28/01/23	Berkshire & South Bucs County & Age Group Champs	High Wycombe	SE230050	1
100 Backstroke	1:12.63	1:11.50	358	15/01/22	Berkshire & South Bucs County & Age Group Champs	Wycombe	SE220084	1
200 Backstroke	3:16.04	3:14.30	186	25/03/17	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE170537	3
200 Individual Medley	2:42.77	2:40.30	343	12/01/20	BSBASA County Championships	Wycombe	SE200053	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.49	26.30	494	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Freestyle	57.29	58.70	479	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
200 Freestyle	2:15.40	2:17.90	395	10/06/21	Windsor	Heathfield	LEX1667	0
400 Freestyle	4:54.68	4:59.40	373	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
800 Freestyle	10:43.40	10:52.30	327	30/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230395	4
1500 Freestyle	22:16.07	22:31.50	254	15/09/19	Windsor 2019 Club Championships	Maidenhead	SE191370	4
50 Breaststroke	30.94	31.90	524	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Breaststroke	1:10.18	1:11.90	488	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
200 Breaststroke	2:40.49	2:43.70	419	24/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230396	4
50 Butterfly	29.58	30.20	397	09/06/21	Windsor	Heathfield	LEX1610	0
100 Butterfly	1:07.95	1:09.10	347	24/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230396	4
200 Butterfly	2:49.21	2:51.10	251	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
50 Backstroke	30.29	30.90	388	19/11/22	Bracknell & Wokingham County Qualifier Meet 2022	Bracknell	SE221609	3
100 Backstroke	1:07.10	1:08.30	373	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
200 Backstroke	2:27.81	2:30.00	364	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
200 Individual Medley	2:26.22	2:28.90	421	10/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230394	4
400 Individual Medley	5:22.89	5:28.30	384	24/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230396	4
100 Individual Medley	1:05.40	1:05.40	427	24/06/23	Bracknell & Wokingham SC Club Championships 2023	Bracknell	SE230396	4