

# Individual Best Times (All Time)

Louis Clayton - (895426) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.15	25.30	511	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Freestyle	57.30	55.80	546	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
200 Freestyle	2:09.02	2:06.30	494	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
400 Freestyle	4:50.81	4:45.90	433	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
1500 Freestyle	18:55.10	18:36.80	451	01/05/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Breaststroke	31.90	30.90	538	05/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Breaststroke	1:14.47	1:12.80	445	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
50 Backstroke	33.08	32.50	360	29/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
100 Backstroke	1:14.29	1:13.20	335	19/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1
200 Backstroke	2:33.09	2:30.90	390	30/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
200 Individual Medley	2:45.42	2:43.00	327	08/01/17	UBSC New Year Level 1 Open Meet	Hengrove Park	SW170326	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.98	25.80	525	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Freestyle	55.93	57.40	515	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Freestyle	2:05.30	2:08.00	498	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
400 Freestyle	4:33.81	4:38.90	465	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
800 Freestyle	9:28.29	9:38.40	475	20/01/18	Poole SC Long Distance	Dorchester	SW180395	3
1500 Freestyle	18:36.37	18:54.70	436	13/11/16	Poole Long Distance Meet	Poole	SW160989	4
50 Breaststroke	32.62	33.60	447	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Breaststroke	1:11.79	1:13.50	456	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Breaststroke	2:46.81	2:49.90	373	17/06/18	Poole Club Championships 2018	Poole	SW180904	4
50 Butterfly	32.26	32.80	306	16/06/18	Poole Club Championships 2018	Poole	SW180904	4
100 Butterfly	1:51.70	1:52.40	78	05/10/14	Poole Club Championships	Poole	SW14327	4
50 Backstroke	32.19	32.80	324	27/10/18	Poole Swimming Club Season Starter 2018	Dorchester	SW181567	3
100 Backstroke	1:07.93	1:09.10	360	17/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	SW180099	2
200 Backstroke	2:30.39	2:32.60	346	09/04/17	Swim Bournemouth Spring Short Course Meet	Bournemouth	SW170245	2
200 Individual Medley	2:30.79	2:33.40	384	27/10/18	Poole Swimming Club Season Starter 2018	Dorchester	SW181567	3
100 Individual Medley	1:10.56	1:10.60	340	29/10/17	Poole Season Starter 2017	Dorchester	SW170321	3