

Individual Best Times (All Time)

Ryan Larkin - (922909) - Swansea University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.62	22.70	693	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield	NE220242	1
100 Freestyle	52.69	51.10	703	12/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1
200 Freestyle	2:07.16	2:04.40	516	08/08/21	Swansea Festival of Swimming 2021	Swansea	WL210539	1
50 Breaststroke	30.08	29.00	642	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Breaststroke	1:13.55	1:11.80	462	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	SW180292	1
200 Breaststroke	3:24.72	3:22.10	230	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
50 Butterfly	25.60	24.90	658	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Butterfly	1:17.30	1:16.30	261	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
50 Backstroke	28.52	27.80	563	12/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1
100 Backstroke	1:03.37	1:02.10	539	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Backstroke	2:29.14	2:26.90	422	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	SW160100	1
200 Individual Medley	2:27.72	2:25.00	459	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.92	23.80	680	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Freestyle	50.47	52.10	701	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	1:55.13	1:58.10	642	18/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
400 Freestyle	4:41.76	4:46.70	427	19/11/16	Halesowen Club Championships	West Bromwich	WM162275	4
50 Breaststroke	28.60	29.70	663	16/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
100 Breaststroke	1:07.66	1:09.50	545	28/01/18	Worcester County Age Group Competitions	Wolverhampton	WM180034	2
200 Breaststroke	2:32.77	2:36.20	486	27/01/18	Worcester County Age Group Competitions	Wolverhampton	WM180034	2
50 Butterfly	25.84	26.60	596	28/10/23	Neath ASC Open Meet	Swansea	WL231884	2
100 Butterfly	57.43	58.70	575	30/09/23	City of Swansea Aquatics Club Championships 2023	Swansea	WL230624	3
200 Butterfly	2:54.18	2:56.00	230	17/01/15	Tigersharks ASC Winter Open Meet 2015	Swindon	SW150066	3
50 Backstroke	27.88	28.60	498	17/10/21	City of Birmingham Winter Open Meet	Birmingham	WM210177	2
100 Backstroke	1:00.23	1:01.50	516	16/10/21	City of Birmingham Winter Open Meet	Birmingham	WM210177	2
200 Backstroke	2:19.69	2:22.10	432	02/04/17	Haden Hill Open Meet 2017	Wolverhampton	WM170583	3
200 Individual Medley	2:16.08	2:18.90	522	16/10/21	City of Birmingham Winter Open Meet	Birmingham	WM210177	2
400 Individual Medley	5:24.34	5:29.70	379	23/10/15	Worcester 19th Open Meet	Worcester	WM151564	3
100 Individual Medley	56.56	56.60	661	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2