

Individual Best Times (All Time)

Shay Race - (929153) - Windsor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.96	24.10	587	25/05/19	2019 London Swimming National Qualifier	London	LR191473	1
100 Freestyle	54.72	53.20	628	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
200 Freestyle	2:03.72	2:00.90	560	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
50 Breaststroke	33.22	32.30	476	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
100 Breaststroke	1:12.69	1:10.90	479	14/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Breaststroke	3:23.73	3:21.10	233	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Butterfly	25.78	25.00	644	28/07/19	British Summer Championships	Glasgow	BSW011	1
100 Butterfly	59.48	58.20	574	26/05/19	2019 London Swimming National Qualifier	London	LR191473	1
200 Butterfly	3:21.46	3:19.90	164	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
50 Backstroke	30.62	30.00	454	01/05/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
100 Backstroke	1:07.88	1:06.70	439	26/03/17	Aquae Sulis Grand Prix	Bristol	SW170461	1
200 Backstroke	2:51.72	2:49.80	276	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Individual Medley	2:34.47	2:31.90	401	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.01	24.90	591	03/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
100 Freestyle	52.65	54.20	617	12/10/19	NASL South League Round One	Oxford Leys	SE192932	3
200 Freestyle	1:57.88	2:00.80	599	20/09/18	Windsor Club Championships 2018	Windsor	SE181817	4
400 Freestyle	4:23.99	4:29.20	519	20/06/19	Windsor 2019 Club Championships	Windsor	SE191367	4
800 Freestyle	9:23.52	9:33.70	487	23/06/19	Windsor 2019 Club Championships	Windsor	SE191368	4
50 Breaststroke	31.81	32.80	482	07/10/17	Maxwell October Meet	Aylesbury	SE171807	3
100 Breaststroke	1:09.52	1:11.30	502	07/10/17	Maxwell October Meet	Aylesbury	SE171807	3
200 Breaststroke	2:36.72	2:40.00	450	24/09/17	Windsor L4 Club Championships 2017	Maidenhead	SE171527	4
50 Butterfly	25.45	26.20	624	02/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
100 Butterfly	57.15	58.50	584	03/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
200 Butterfly	2:20.92	2:23.10	435	26/09/19	Windsor 2019 Club Championships	Windsor	SE191373	4
50 Backstroke	28.38	29.10	472	18/05/19	Windsor Level 3 May Open Meet	Maidenhead	SE191374	3
100 Backstroke	1:04.34	1:05.60	423	19/05/19	Windsor Level 3 May Open Meet	Maidenhead	SE191374	3
200 Backstroke	2:25.37	2:27.60	383	23/09/18	Windsor Club Championships 2018	Magnet LC	SE181818	4
200 Individual Medley	2:19.78	2:22.60	482	22/09/18	Chalfont Otter Arena League Warm Up 2018	Gerrards Cross	SE182033	4
400 Individual Medley	5:04.00	5:09.70	460	27/06/19	Windsor 2019 Club Championships	Maidenhead	SE191369	4
100 Individual Medley	1:02.18	1:02.20	497	20/06/19	Windsor 2019 Club Championships	Windsor	SE191367	4