

# Individual Best Times (All Time)

Ryan Potter - (953336) - Preston Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.99	27.20	416	08/07/23	Richmond Dales ASC Summer Madness Gala 2023	Leeds	NE231141	3
100 Freestyle	59.58	58.20	486	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Freestyle	2:12.07	2:09.40	460	08/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
400 Freestyle	5:23.51	5:19.10	314	03/06/18	British Para-Swimming International	Sheffield	DIS118	1
50 Breaststroke	32.96	32.00	488	21/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Breaststroke	1:11.41	1:09.60	505	02/02/24	British Para Swimming International Winter	Aberdeen	DIS139	1
200 Breaststroke	2:39.81	2:36.50	484	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
50 Butterfly	31.10	30.50	367	17/09/22	SE North East Region Para Swimming Championships	Sunderland	NE221981	3
100 Butterfly	1:08.42	1:07.30	377	05/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
50 Backstroke	32.90	32.30	366	08/07/23	Richmond Dales ASC Summer Madness Gala 2023	Leeds	NE231141	3
100 Backstroke	1:08.13	1:06.90	434	03/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Backstroke	2:42.19	2:40.10	328	06/04/19	Manchester Open 2019	Manchester	NW190308	1
200 Individual Medley	2:26.61	2:23.90	470	26/07/22	British Summer Championships	Sheffield	BSW022	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.98	27.70	417	08/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
100 Freestyle	58.53	59.90	449	04/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
200 Freestyle	2:12.91	2:15.50	417	15/03/20	NAT Junior Para Swimming Champ 2020	Sunderland	NE201139	2
400 Freestyle	5:41.05	5:45.20	241	20/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162257	4
1500 Freestyle	20:21.67	20:38.50	333	11/09/18	Blackpool Aquatics Time Trials	Blackpool	NW182350	4
50 Breaststroke	33.17	34.10	425	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Breaststroke	1:08.55	1:10.40	524	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Breaststroke	2:34.98	2:38.30	466	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
50 Butterfly	33.08	33.60	284	13/07/19	North Lancs Level 3 Development Meet 2019	Blackpool	NW191767	3
100 Butterfly	1:08.04	1:09.10	346	27/11/22	British Para Winter National Meet 2022	Glasgow	DIS133	2
50 Backstroke	31.21	31.80	355	02/12/23	Preston SC Xmas Cracker 2023	Darwen	NW231907	3
100 Backstroke	1:06.18	1:07.40	389	26/11/22	British Para Winter National Meet 2022	Glasgow	DIS133	2
200 Backstroke	2:33.79	2:35.90	324	25/11/18	Blackpool Aquatics Club Championships 2018	Blackpool	NW182007	4
200 Individual Medley	2:20.13	2:22.90	478	26/11/22	British Para Winter National Meet 2022	Glasgow	DIS133	2
400 Individual Medley	6:52.31	6:56.60	184	09/12/14	Blackpool Club Champs	Blackpool	NW14649	4
100 Individual Medley	1:05.60	1:05.60	423	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2