

# Individual Best Times (All Time)

Miles Ratcliffe - (970520) - Newport Pagnell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.83	38.30	156	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
200 Freestyle	3:05.57	3:03.70	166	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
400 Freestyle	6:35.03	6:31.40	172	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
50 Breaststroke	57.35	56.80	92	19/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
50 Butterfly	47.24	46.80	104	19/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
200 Backstroke	3:09.97	3:08.20	204	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.36	35.90	185	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3
100 Freestyle	1:17.63	1:18.70	192	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
200 Freestyle	2:43.83	2:45.90	223	16/10/16	Newport Pagnell Club Champs Progress Meet	Wolverton	SE160747	4
400 Freestyle	5:38.10	5:42.20	247	04/12/16	Maxwell Last Chance Counties December Meet	Aylesbury	SE162458	3
50 Breaststroke	50.92	51.50	117	24/10/15	Newport Pagnell SC Club Championships	Bletchley	SE151507	4
100 Breaststroke	1:46.26	1:47.40	140	21/10/17	NPSC Club Championships Progress Meet	Bletchley	SE170969	4
200 Breaststroke	4:04.53	4:06.70	118	20/09/14	City of MK 3rd Annual Development Meet	Milton Keynes	SE4280	3
50 Butterfly	40.97	41.40	149	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3
100 Butterfly	1:33.23	1:34.00	134	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes	SE162086	3
200 Butterfly	3:26.32	3:27.90	138	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes	SE162086	3
50 Backstroke	41.60	42.10	150	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Backstroke	1:29.77	1:30.70	156	25/10/15	Newport Pagnell SC Club Championships	Bletchley	SE151507	4
200 Backstroke	3:04.50	3:06.30	187	14/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160077	2
200 Individual Medley	3:10.93	3:13.00	189	16/10/16	Newport Pagnell Club Champs Progress Meet	Wolverton	SE160747	4
400 Individual Medley	6:48.38	6:52.70	190	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes	SE162086	3
100 Individual Medley	1:30.07	1:30.10	163	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3