

# Individual Best Times (All Time)

Rowan Spong - (978101) - Newport Pagnell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.14	37.60	164	20/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
50 Breaststroke	35.62	34.70	386	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
50 Butterfly	45.35	44.90	118	19/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3
50 Backstroke	42.54	42.10	169	20/07/14	Wycombe District SC End of Season Meet	Wycombe	SE4742	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.60	27.40	435	24/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
100 Freestyle	58.28	59.70	455	23/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
200 Freestyle	2:18.39	2:20.90	370	17/06/18	NPSC Club Championships Progress Meet 2018	Wolverton	SE181200	4
400 Freestyle	5:04.13	5:08.70	339	01/10/17	NPSC Club Championships Progress Meet	Milton Keynes	SE170967	4
1500 Freestyle	21:07.20	21:23.40	298	09/07/17	NPSC Club Championships Progress Meet	Milton Keynes	SE170966	4
50 Breaststroke	33.85	34.80	400	23/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
100 Breaststroke	1:18.74	1:20.30	346	03/03/19	NPSC Club Championships Progress Meet 2019	Wolverton Pool	SE191379	4
200 Breaststroke	2:52.57	2:55.60	337	02/12/18	Maxwell December Meet	Aylesbury	SE182577	3
50 Butterfly	29.35	30.00	406	06/10/19	Leicester Penguins Open Meet 2019	Braunstone	EM191954	3
100 Butterfly	1:11.87	1:12.90	293	09/09/18	NPSC Club Championships Progress Meet 2018	Wolverton	SE181203	4
200 Butterfly	2:51.69	2:53.50	241	03/06/18	NPSC Club Championships Progress Meet 2018	Wolverton	SE181199	4
50 Backstroke	30.37	31.00	385	24/11/19	2019 Wycombe County & Regional Qualifier	Wycombe	SE192906	3
100 Backstroke	1:08.96	1:10.10	344	18/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
200 Backstroke	2:42.11	2:44.20	276	04/03/17	CMKSC Annual Spring Open Meet	Bletchley	SE170592	3
200 Individual Medley	2:36.88	2:39.40	341	17/03/19	NPSC Club Championships Progress Meet 2019	Wolverton Pool	SE191380	4
400 Individual Medley	5:24.29	5:29.70	379	26/01/20	Oxfordshire & North Bucks County Championships	Aylesbury	SE200065	2
100 Individual Medley	1:08.66	1:08.70	369	06/10/19	Leicester Penguins Open Meet 2019	Braunstone	EM191954	3