

Individual Best Times (All Time)

Ewan Armstrong - (887585) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.60	24.80	544	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Freestyle	55.67	54.20	596	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Freestyle	2:05.21	2:02.40	540	27/01/19	Surrey Age Group Championships 2019	Surrey	LR190269	1
400 Freestyle	5:35.81	5:31.60	281	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
1500 Freestyle	21:00.05	20:43.50	330	21/12/14	Guildford Level 4 Internal Meet	Guildford	SE14665	4
50 Breaststroke	35.12	34.20	403	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Breaststroke	1:38.32	1:37.00	193	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Breaststroke	3:38.23	3:35.80	190	10/06/12	ASA SER British Gas Age Group Championship	Crawley	SER217	1
50 Butterfly	37.86	37.40	203	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
200 Butterfly	3:29.97	3:28.50	145	27/05/12	British Gas South East Region AG Champs	Crawley	SER216	1
50 Backstroke	30.34	29.70	467	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Backstroke	1:20.93	1:19.90	259	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Backstroke	2:50.33	2:48.40	283	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
200 Individual Medley	3:00.78	2:58.60	250	08/06/13	ASA South East Region Age Group Championships 2013	Crawley	SER304	1
400 Individual Medley	6:19.03	6:14.40	261	03/03/13	Surrey County Championships	Guildford	CC3039	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.78	25.60	538	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Freestyle	53.91	55.40	575	02/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
200 Freestyle	1:59.73	2:02.60	571	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Freestyle	5:06.93	5:11.50	330	09/01/15	Guildford City Level 4 Internal Meet	Guildford	SE150239	4
50 Breaststroke	36.58	37.40	317	08/04/17	L3 Regional Qualifier	Guildford	SE170381	3
100 Breaststroke	1:31.07	1:32.40	223	18/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
200 Breaststroke	3:09.82	3:12.60	253	19/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
50 Butterfly	35.59	36.10	228	07/02/15	Rushmoor Royals Last Chance Open Meet	Aldershot	SE150381	3
100 Butterfly	1:02.44	1:03.60	448	01/12/18	Guildford City L3 County Qualifier	Spectrum LC	SE180712	3
200 Butterfly	3:06.12	3:07.80	189	28/04/13	Guildford City SC Regional Qualifier Meet	Guildford	SE3079	3
50 Backstroke	28.16	28.90	484	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Backstroke	1:01.53	1:02.80	484	10/11/18	National Arena Swimming League South Round 2	Fleet	SE182664	3
200 Backstroke	2:40.74	2:42.80	283	18/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
200 Individual Medley	2:14.84	2:17.70	537	24/03/19	Guildford City L3 Regional Qualifier	Guildford	SE190153	3
400 Individual Medley	6:00.24	6:05.10	276	18/01/15	Guildford City Level 4 Internal Meet	Guildford	SE150241	4
100 Individual Medley	1:17.39	1:17.40	258	05/01/15	Guildford City Level 4 Internal Meet	Guildford	SE150238	4