

Individual Best Times (All Time)

Shaun Abbas - (971039) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.05	28.30	372	18/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
100 Freestyle	1:05.55	1:04.30	365	20/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
200 Freestyle	2:29.96	2:27.60	314	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
400 Freestyle	6:31.59	6:28.00	177	13/07/13	Wycombe District SC End of Season Meet	Wycombe	SE3552	3
50 Breaststroke	38.53	37.70	305	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Breaststroke	1:47.88	1:46.70	146	14/07/13	Wycombe District SC End of Season Meet	Wycombe	SE3552	3
50 Butterfly	31.86	31.30	341	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Butterfly	1:14.98	1:14.00	286	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Backstroke	33.44	32.80	349	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	LR160450	1
100 Backstroke	1:13.72	1:12.60	342	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Backstroke	3:21.72	3:20.10	170	14/07/13	Wycombe District SC End of Season Meet	Wycombe	SE3552	3
200 Individual Medley	2:47.78	2:45.40	313	19/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.34	29.10	359	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Freestyle	1:03.92	1:05.20	345	27/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
200 Freestyle	2:28.97	2:31.30	296	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
400 Freestyle	5:12.42	5:16.90	313	16/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
50 Breaststroke	37.18	38.00	302	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Breaststroke	1:27.27	1:28.70	254	01/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
200 Breaststroke	3:56.37	3:58.60	131	21/04/13	MCASA Spring Development Meet	Southbury	LR3345	3
50 Butterfly	30.40	31.00	366	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Butterfly	1:08.73	1:09.80	335	26/11/16	Bexley Short Course Meet	Bexleyheath	LR160462	3
50 Backstroke	31.57	32.20	343	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Backstroke	1:09.03	1:10.20	343	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Backstroke	2:32.00	2:34.20	335	27/11/16	Bexley Short Course Meet	Bexleyheath	LR160462	3
200 Individual Medley	2:38.33	2:40.80	331	10/10/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152118	3
100 Individual Medley	1:13.02	1:13.00	307	01/10/16	MCASA Winter Development Meet	Enfield	LR161659	3