

Individual Best Times (All Time)

Holly Simeon - (1146129) - Richmond Dales ASC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 33.04 | 32.40 | 364 | 24/03/19 | Liverpool Spring Open Meet 2019 | Liverpool | NW190258 | 1 |
| 100 Freestyle | 1:07.63 | 1:06.40 | 446 | 25/01/20 | Chester le Street & Derwentside Burns Meet 2020 | Sheffield | NE200004 | 1 |
| 200 Freestyle | 2:26.31 | 2:23.90 | 458 | 26/01/20 | Chester le Street & Derwentside Burns Meet 2020 | Sheffield | NE200004 | 1 |
| 400 Freestyle | 5:01.98 | 4:57.30 | 473 | 25/01/20 | Chester le Street & Derwentside Burns Meet 2020 | Sheffield | NE200004 | 1 |
| 800 Freestyle | 10:32.79 | 10:23.60 | 449 | 14/02/20 | Northumberland & Durham SA County Championships | Sunderland | NE200405 | 1 |
| 50 Breaststroke | 40.18 | 39.40 | 382 | 14/03/20 | Liverpool Spring Open Meet 2020 | Liverpool | NW200058 | 1 |
| 100 Breaststroke | 1:29.16 | 1:27.70 | 372 | 14/07/18 | Richmond Dales Summer Madness Gala | Leeds | NE181109 | 3 |
| 200 Breaststroke | 3:16.26 | 3:13.50 | 344 | 08/04/17 | Richmond Dales April Fool Gala | Leeds | NE170269 | 1 |
| 50 Butterfly | 34.31 | 33.80 | 361 | 13/07/19 | Richmond Dales Summer Madness Gala 2019 | Leeds | NE191610 | 3 |
| 100 Butterfly | 1:23.51 | 1:22.60 | 293 | 14/07/18 | Richmond Dales Summer Madness Gala | Leeds | NE181109 | 3 |
| 50 Backstroke | 33.24 | 32.60 | 527 | 15/02/20 | Northumberland & Durham SA County Championships | Sunderland | NE200405 | 1 |
| 100 Backstroke | 1:15.65 | 1:14.60 | 435 | 19/05/18 | North East Region Championships | Leeds | NE180151 | 1 |
| 200 Backstroke | 2:38.70 | 2:36.60 | 467 | 27/05/18 | North East Region Championships | Leeds | NE180152 | 1 |
| 200 Individual Medley | 2:39.81 | 2:37.30 | 491 | 26/01/20 | Chester le Street & Derwentside Burns Meet 2020 | Sheffield | NE200004 | 1 |
| 400 Individual Medley | 5:35.50 | 5:30.20 | 497 | 15/02/20 | Northumberland & Durham SA County Championships | Sunderland | NE200405 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------------|----------|-------|
| 50 Freestyle | 30.15 | 30.80 | 439 | 29/09/18 | Richmond Dales Back to School Gala | Middlesbrough | NE182120 | 2 |
| 100 Freestyle | 1:05.96 | 1:07.20 | 442 | 29/09/19 | RDASC Back to Pool Gala | Middlesbrough | NE192021 | 2 |
| 200 Freestyle | 2:19.89 | 2:22.40 | 490 | 16/06/18 | Middlesbrough June 2018 Meet | The Neptune Centre | NE180011 | 3 |
| 400 Freestyle | 4:50.29 | 4:55.10 | 505 | 08/12/19 | Middlesbrough Christmas 2019 Meet | Middlesbrough | NE192243 | 3 |
| 800 Freestyle | 10:10.97 | 10:20.40 | 477 | 10/01/20 | Richmond Dales ASC Club Champs 2020 | Catterick Garrison | NE200400 | 4 |
| 50 Breaststroke | 37.65 | 38.50 | 427 | 08/12/19 | Middlesbrough Christmas 2019 Meet | Middlesbrough | NE192243 | 3 |
| 100 Breaststroke | 1:24.64 | 1:26.10 | 399 | 07/12/19 | Middlesbrough Christmas 2019 Meet | Middlesbrough | NE192243 | 3 |
| 200 Breaststroke | 3:07.08 | 3:09.90 | 372 | 09/12/18 | Middlesbrough Christmas 2018 Gala | The Neptune Centre | NE182126 | 3 |
| 50 Butterfly | 34.93 | 35.50 | 340 | 11/01/20 | Richmond Dales ASC Club Champs 2020 | Catterick Garrison | NE200400 | 4 |
| 100 Butterfly | 1:17.98 | 1:18.90 | 332 | 12/01/20 | Richmond Dales ASC Club Champs 2020 | Catterick Garrison | NE200400 | 4 |
| 50 Backstroke | 32.73 | 33.30 | 459 | 29/09/19 | RDASC Back to Pool Gala | Middlesbrough | NE192021 | 2 |
| 100 Backstroke | 1:12.50 | 1:13.60 | 433 | 15/06/19 | Middlesbrough 2019 June Meet Gala | The Neptune Centre | NE190122 | 3 |
| 200 Backstroke | 2:32.72 | 2:34.90 | 472 | 20/10/19 | Middlesbrough ASC Halloween 2019 Meet | Middlesbrough | NE192242 | 2 |
| 200 Individual Medley | 2:32.61 | 2:35.20 | 509 | 07/12/19 | Middlesbrough Christmas 2019 Meet | Middlesbrough | NE192243 | 3 |
| 400 Individual Medley | 5:30.48 | 5:35.80 | 481 | 03/11/18 | Swim England North East Region Age Group (25) | Sheffield | NE182209 | 2 |
| 100 Individual Medley | 1:12.24 | 1:12.20 | 478 | 03/11/19 | North East Region Open Championships (25m) | Sheffield | NE192157 | 2 |