

Individual Best Times (All Time)

Narin Cowell - (1189063) - Doncaster Dartes SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.55	30.90	419	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Freestyle	1:06.74	1:05.50	465	07/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Freestyle	2:25.36	2:23.00	467	13/02/16	Yorkshire County Championships	Leeds	NE160069	1
400 Freestyle	5:02.93	4:58.30	469	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
800 Freestyle	10:22.43	10:13.10	472	07/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151023	1
50 Breaststroke	40.40	39.60	376	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Breaststroke	1:28.11	1:26.70	385	07/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Breaststroke	3:08.51	3:05.70	388	13/02/16	Yorkshire County Championships	Leeds	NE160069	1
50 Butterfly	34.80	34.30	345	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Butterfly	1:16.71	1:15.70	378	07/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Butterfly	3:04.83	3:03.10	286	07/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151023	1
50 Backstroke	37.33	36.80	372	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
100 Backstroke	1:16.75	1:15.70	416	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Backstroke	2:52.79	2:50.80	361	02/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
200 Individual Medley	2:46.11	2:43.70	437	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
400 Individual Medley	5:53.34	5:48.30	426	06/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151023	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.07	35.70	279	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Freestyle	1:07.12	1:08.40	419	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Freestyle	2:22.26	2:24.70	466	21/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
400 Freestyle	4:55.02	4:59.70	481	21/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
800 Freestyle	9:48.31	9:58.10	534	06/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
50 Breaststroke	45.97	46.70	235	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3
100 Breaststroke	1:26.86	1:28.30	370	05/07/15	Kingston upon Hull End of Season Meet	Hull	NE151002	3
200 Breaststroke	3:04.28	3:07.10	389	04/10/15	Kingston upon Hull SC Regional Qualifier SC Meet	Ennerdale	NE151999	3
50 Butterfly	41.15	41.60	207	06/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
100 Butterfly	1:18.62	1:19.60	324	05/07/15	Kingston upon Hull End of Season Meet	Hull	NE151002	3
200 Butterfly	2:56.43	2:58.20	311	04/07/15	Kingston upon Hull End of Season Meet	Hull	NE151002	3
50 Backstroke	36.12	36.70	341	04/10/15	Kingston upon Hull SC Regional Qualifier SC Meet	Ennerdale	NE151999	3
100 Backstroke	1:15.76	1:16.80	380	10/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Backstroke	2:42.37	2:44.40	393	04/10/15	Kingston upon Hull SC Regional Qualifier SC Meet	Ennerdale	NE151999	3
200 Individual Medley	2:42.57	2:45.00	421	04/07/15	Kingston upon Hull End of Season Meet	Hull	NE151002	3
400 Individual Medley	5:39.12	5:44.30	445	21/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
100 Individual Medley	1:26.01	1:26.00	283	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3