

Individual Best Times (All Time)

Harry Bowker - (1238406) - Winchester City Penguins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.31	33.70	226	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
50 Breaststroke	45.08	44.40	190	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Breaststroke	1:47.11	1:45.90	149	27/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
200 Breaststroke	3:55.59	3:53.30	151	18/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
50 Butterfly	40.32	39.80	168	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
50 Backstroke	46.71	46.30	128	27/02/22	Rushmoor Royals February Regional Qualifier	Aldershot Garrison	SE220362	3
100 Backstroke	1:42.98	1:42.20	125	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.90	35.50	192	16/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
100 Freestyle	1:22.10	1:23.10	162	16/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4
50 Breaststroke	47.98	48.60	140	03/07/22	Hampshire County ASA County Development Meet 2022	Winchester	SE221337	3
100 Breaststroke	1:48.07	1:49.20	133	15/05/22	Winchester City Penguins Grand Prix Series 2022	Winchester	SE220204	4
200 Breaststroke	3:52.89	3:55.20	137	13/02/22	Winchester City Penguins Grand Prix Series 2022	Winchester	SE220202	4
50 Butterfly	40.66	41.10	153	27/11/22	Havant & Waterlooville SC Peter Bull Open Meet 22	Waterlooville	SE222148	3
50 Backstroke	44.46	44.90	122	18/06/23	Havant & Waterlooville Swim Out of Your Skin Meet	Waterlooville	SE230850	3
100 Backstroke	1:34.00	1:34.90	135	17/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4
200 Backstroke	4:45.10	4:46.30	50	25/01/20	Winchester City Penguins Grand Prix 2020	St Swithuns School	SE200209	4
200 Individual Medley	3:19.12	3:21.10	166	17/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4
100 Individual Medley	1:33.18	1:33.20	147	17/09/23	Winchester City Penguins Club Champs 2023	Winchester	SE231722	4