

Individual Best Times (All Time)

Jack Renouf - (1296241) - Hoddesdon SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.53	26.80	438	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
50 Breaststroke	31.51	30.50	558	11/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
100 Breaststroke	1:08.85	1:07.00	563	29/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Breaststroke	2:33.78	2:30.30	543	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
50 Butterfly	31.04	30.40	369	04/03/23	Harpenden SC FINIS Frantic 50s 2023	Luton	ER230255	3
50 Backstroke	36.58	36.00	266	20/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
200 Individual Medley	2:44.54	2:42.10	332	15/03/20	Putteridge Spring Long Course National Qualifier	Inspire Luton	ER200097	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.49	27.30	440	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Freestyle	57.77	59.20	467	24/06/23	Hoddesdon SC Summer Sprint 2023	Harlow	ER230720	3
200 Freestyle	2:07.58	2:10.30	472	19/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
400 Freestyle	4:45.44	4:50.30	411	20/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
50 Breaststroke	30.88	31.90	527	17/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Breaststroke	1:07.58	1:09.40	547	12/11/22	National Arena Swimming League-London Rounds 2022	Hertfordshire	ER221803	3
200 Breaststroke	2:30.97	2:34.40	504	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
50 Butterfly	30.42	31.00	365	19/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
100 Butterfly	1:16.90	1:17.90	239	03/10/22	Hoddesdon Club Champs 2022	John Warner	ER221469	4
50 Backstroke	31.97	32.60	330	01/12/23	Hoddesdon SC Club Champs 2023	John Warner SC	ER232286	4
100 Backstroke	1:14.62	1:15.70	271	09/10/22	Hoddesdon Club Champs 2022	John Warner	ER221472	4
200 Backstroke	2:36.27	2:38.40	308	04/10/22	Hoddesdon Club Champs 2022	Haileybury Sch	ER221470	4
200 Individual Medley	2:22.32	2:25.10	457	20/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
100 Individual Medley	1:05.65	1:05.70	422	28/11/23	Hoddesdon SC Club Champs 2023	Hailey Bury SC	ER232285	4