

Individual Best Times (All Time)

Simon Harrison - (1379650) - Altrincham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.72	24.90	537	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
100 Freestyle	55.78	54.30	592	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
200 Freestyle	2:04.10	2:01.30	555	07/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
400 Freestyle	4:28.19	4:22.90	552	06/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
800 Freestyle	9:42.24	9:32.20	468	06/05/23	Swansea Aquatic May LC Meet	Swansea	WL230007	1
1500 Freestyle	18:07.74	17:48.60	513	14/04/23	City of Leeds SC National Qualifier Meet 2023	Leeds	NE230087	1
50 Breaststroke	40.15	39.40	269	04/03/23	The Dukeries A/B Graded Open Meet 2023	Sheffield	EM230319	3
100 Breaststroke	1:30.24	1:28.80	250	05/03/22	Worksop Dolphins SC L3 Long Course	Sheffield	EM220227	3
50 Butterfly	29.15	28.50	445	27/08/23	Sprint With The Stars 2023	London	LR231459	3
100 Butterfly	1:06.65	1:05.50	408	27/05/23	AP Race International 2023	London	GBR2046	1
50 Backstroke	30.96	30.30	440	27/08/23	Sprint With The Stars 2023	London	LR231459	3
100 Backstroke	1:10.35	1:09.20	394	07/01/23	City of Leeds SC New Year Meet 2023	Leeds	NE230086	3
200 Backstroke	2:36.85	2:34.70	363	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
200 Individual Medley	2:29.99	2:27.30	439	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
400 Individual Medley	5:41.12	5:35.90	359	01/05/22	SE North West Summer Regional Swimming Champs	Liverpool	NW220369	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.81	25.60	536	04/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2
100 Freestyle	53.72	55.20	581	08/10/23	Swim England National County Team Champs 2023	Sheffield	ASA157	2
200 Freestyle	1:58.96	2:01.80	582	16/09/23	Satellites of Macclesfield Tri Club Champs 2023	Macclesfield	NW232101	4
400 Freestyle	4:17.46	4:22.80	560	16/09/23	Satellites of Macclesfield Tri Club Champs 2023	Macclesfield	NW232101	4
800 Freestyle	9:03.59	9:14.10	542	10/06/23	Satellites of Macclesfield Distance Meet 2023	Macclesfield	NW231118	3
1500 Freestyle	17:08.82	17:28.70	557	28/01/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230324	2
50 Breaststroke	34.43	35.30	380	27/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
100 Breaststroke	1:18.02	1:19.60	355	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
200 Breaststroke	3:04.89	3:07.70	274	18/09/22	Satellites of Macclesfield Tri Club Championships	Macclesfield	NW221712	4
50 Butterfly	28.92	29.60	425	20/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
100 Butterfly	1:04.95	1:06.10	398	07/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231633	3
200 Butterfly	2:27.78	2:29.90	377	17/09/23	Satellites of Macclesfield Tri Club Champs 2023	Macclesfield	NW232101	4
50 Backstroke	29.61	30.30	416	07/10/23	North Midlands Annual Championships 2023	Macclesfield	NW231633	3
100 Backstroke	1:04.87	1:06.10	413	21/01/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230323	2
200 Backstroke	2:27.36	2:29.60	368	04/02/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230325	2
200 Individual Medley	2:22.08	2:24.80	459	24/09/23	Satellites of Macclesfield Tri Club Champs 2023	Macclesfield	NW232102	4
400 Individual Medley	5:07.34	5:13.00	445	29/01/23	Cheshire County Swimming Championships 2023	Macclesfield	NW230324	2
100 Individual Medley	1:04.52	1:04.50	445	04/11/23	SE NW Regional Winter Championships 2023	Manchester	NW231877	2