

Individual Best Times (All Time)

George Holmes - (1418830) - Barnstaple SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:24.93	1:23.90	167	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
400 Freestyle	6:37.61	6:34.10	169	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
800 Freestyle	12:58.52	12:51.00	195	03/02/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
50 Breaststroke	47.81	47.10	159	17/01/23	Devon County Championships 2023	Plymouth	SW230242	1
100 Breaststroke	1:42.42	1:41.20	171	03/02/24	Devon County Age Group Championships 2024	Plymouth	SW240142	1
200 Breaststroke	3:35.22	3:32.70	198	17/01/23	Devon County Championships 2023	Plymouth	SW230242	1
100 Backstroke	1:34.91	1:34.10	160	17/01/23	Devon County Championships 2023	Plymouth	SW230242	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.22	37.80	158	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
100 Freestyle	1:21.07	1:22.10	169	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Freestyle	2:57.40	2:59.40	175	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
400 Freestyle	6:13.33	6:17.10	183	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
800 Freestyle	13:08.49	13:15.80	177	17/11/23	Barnstaple SC 2023 Joint 800m Club Championships	Tarka	SW232250	4
1500 Freestyle	24:48.45	25:02.30	184	24/11/23	Barnstaple SC 2023 Joint 1500m Club Championships	Tarka LC	SW232319	4
50 Breaststroke	44.92	45.60	171	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Breaststroke	1:38.74	1:40.00	175	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
200 Breaststroke	3:32.89	3:35.40	179	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
50 Backstroke	39.14	39.70	180	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Backstroke	1:29.34	1:30.20	158	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Backstroke	3:17.49	3:19.20	153	19/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
100 Individual Medley	1:28.68	1:28.70	171	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3