

Individual Best Times (All Time)

Harry Shemmings - (1446582) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	48.73	49.20	70	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Freestyle	1:50.45	1:51.20	66	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
50 Breaststroke	1:14.58	1:15.00	37	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Butterfly	1:06.16	1:06.40	35	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
50 Backstroke	56.28	56.60	60	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Backstroke	2:02.75	2:03.40	61	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Individual Medley	2:06.01	2:06.00	59	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3