

Individual Best Times (All Time)

William Westlake - (1479700) - Harpenden Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	44.37	43.90	149	04/03/23	Harpenden SC FINIS Frantic 50s 2023	Luton	ER230255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.25	37.80	158	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Freestyle	1:26.79	1:27.80	137	08/10/23	Harpenden SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
200 Freestyle	3:30.18	3:31.80	105	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
50 Breaststroke	46.72	47.40	152	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Breaststroke	1:43.20	1:44.40	153	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
200 Breaststroke	3:54.84	3:57.10	133	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
50 Butterfly	44.88	45.30	113	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
50 Backstroke	43.87	44.30	128	07/10/23	Harpenden SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
100 Backstroke	1:42.31	1:43.10	105	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
100 Individual Medley	1:35.22	1:35.20	138	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3