

Individual Best Times (All Time)

Rhys Ho - (1656982) - Newport Pagnell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.86	31.20	282	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:13.97	1:12.80	254	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
50 Breaststroke	43.93	43.20	206	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
50 Butterfly	34.43	33.90	270	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Butterfly	1:19.19	1:18.20	243	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
100 Backstroke	1:23.11	1:22.10	239	22/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.29	32.90	243	29/10/23	36th Leicester Penguins Open Meet 2023	Leicester	EM230851	3
100 Freestyle	1:17.29	1:18.40	195	21/10/23	Team Luton Autumn Short Course Meet 2023	Luton	ER231536	3
50 Breaststroke	43.64	44.40	186	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
50 Butterfly	33.46	34.00	274	10/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240041	2
100 Butterfly	1:20.28	1:21.20	210	03/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240040	2
50 Backstroke	35.82	36.40	235	11/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240041	2
100 Backstroke	1:22.69	1:23.70	199	02/12/23	Maxwell December Meet 2023	Aylesbury	SE232403	3
100 Individual Medley	1:25.17	1:25.20	193	17/09/23	Newport Pagnell SC Club Championships 2023	Wolverton Pool	SE231666	4