

Individual Best Times (All Time)

Verity Howell - (391142) - Neptune (Leicester) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.87	32.20	370	11/03/12	Leicestershire County Championships	Loughborough	CC2064	1
100 Freestyle	1:10.02	1:08.80	402	02/03/13	Leicestershire County Championships	Loughborough	CC3059	1
200 Freestyle	2:37.82	2:35.60	365	07/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1
50 Breaststroke	43.04	42.30	310	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Breaststroke	1:32.57	1:31.20	332	30/01/16	The Leicestershire County Age Groups & Champs	Loughborough	EM160198	1
200 Breaststroke	3:27.35	3:24.80	291	04/07/15	City of Coventry Graham Sykes Meet	Coventry	WM150919	3
50 Butterfly	34.65	34.10	350	29/06/14	City of Leicester Long Course Sprint Meet	Loughborough	EM4359	3
50 Backstroke	38.53	38.00	338	29/06/14	City of Leicester Long Course Sprint Meet	Loughborough	EM4359	3
100 Backstroke	1:23.49	1:22.50	323	03/03/13	Leicestershire County Championships	Loughborough	CC3059	1
200 Individual Medley	2:53.76	2:51.50	382	08/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.28	31.00	434	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:07.99	1:09.20	403	22/01/17	Leicestershire County Championships	Braunstone	EM170274	2
200 Freestyle	2:34.88	2:37.10	361	02/11/14	Leicester Neptunes Internal Gala	Leicester	EM14095	3
400 Freestyle	5:47.42	5:51.40	295	02/10/14	Leicester Neptune SC Internal Gala Club Champs	Leicester	EM14093	4
50 Breaststroke	38.72	39.50	393	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:24.68	1:26.20	399	04/06/22	Sevenside Tritons Ange Marling Memorial L3 Meet	Hutton Moor LC	SW220451	3
200 Breaststroke	3:05.41	3:08.20	382	04/06/22	Sevenside Tritons Ange Marling Memorial L3 Meet	Hutton Moor LC	SW220451	3
50 Butterfly	33.27	33.80	393	04/02/17	Leicestershire County Championships	Braunstone	EM170276	2
100 Butterfly	1:18.16	1:19.10	330	05/06/22	Sevenside Tritons Ange Marling Memorial L3 Meet	Hutton Moor LC	SW220451	3
50 Backstroke	36.80	37.30	323	16/03/13	Leicestershire County Championships	Braunstone	CC3060	2
100 Backstroke	1:23.31	1:24.30	286	03/11/13	Leicester Neptune SC Club Championships	Leicester	EM3938	4
200 Individual Medley	2:52.22	2:54.50	354	16/06/14	Leicester Neptune Age Group Championships	Leicester	EM4680	4
100 Individual Medley	1:15.35	1:15.30	421	04/02/17	Leicestershire County Championships	Braunstone	EM170276	2