

# Individual Best Times (All Time)

Roger Holland - (41511) - City of Hereford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.36	24.50	560	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Freestyle	54.84	53.30	623	26/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Freestyle	2:01.25	1:58.40	595	24/07/12	Welsh Summer National 2012	Swansea	WAL445	1
400 Freestyle	4:33.14	4:28.00	523	22/05/09	Avalon Last Chance Open	Millfield	SW9160	2
800 Freestyle	9:26.59	9:16.30	508	03/05/09	The Midlands Youth Champs	Coventry	WMR915	1
50 Breaststroke	31.96	31.00	535	21/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Breaststroke	1:09.38	1:07.50	551	16/06/12	Cardiff International Open Meet	Cardiff	WAL437	1
200 Breaststroke	2:32.49	2:29.00	557	28/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	EM2075	1
50 Butterfly	37.14	36.60	215	29/04/07	Avalon Open Meet	Millfield	SW7117	3
50 Backstroke	29.42	28.70	512	19/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
100 Backstroke	1:02.21	1:00.90	570	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Backstroke	2:18.42	2:16.00	528	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
200 Individual Medley	2:19.52	2:16.70	545	04/08/10	BG Wales Summer Nationals	Swansea	WAL311	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.90	25.70	530	04/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
100 Freestyle	54.57	56.10	554	03/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
200 Freestyle	1:58.43	2:01.30	590	25/02/12	Worcester County Championships	Wolverhampton	CC2009	2
400 Freestyle	4:22.37	4:27.70	529	27/03/10	Worcestershire County Championships	Wolverhampton	CC0011	2
800 Freestyle	8:53.33	9:04.00	574	20/02/11	Worcestershire County Championships	Hereford	CC1008	2
1500 Freestyle	17:07.42	17:27.30	560	12/02/12	Worcester County Championships	Hereford	CC2010	2
50 Breaststroke	31.72	32.70	486	03/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
100 Breaststroke	1:08.86	1:10.70	517	04/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2
200 Breaststroke	2:29.92	2:33.40	514	24/03/12	Worcester County Championships	Wolverhampton	CC2009	2
50 Butterfly	27.59	28.30	489	19/11/11	City of Hereford Open Meet	Hereford	WM1248	3
100 Butterfly	1:05.43	1:06.60	389	13/03/10	Worcestershire County Championships	Worcester	CC0010	2
200 Butterfly	2:47.51	2:49.40	259	21/06/08	Gloucester City Open Meet	Gloucester	SW8359	3
50 Backstroke	28.68	29.40	458	19/11/11	City of Hereford Open Meet	Hereford	WM1248	3
100 Backstroke	1:00.28	1:01.60	515	25/06/11	Torfaen Open Meet	Newport	WAL368	2
200 Backstroke	2:14.85	2:17.30	480	02/10/10	Gloucester Open Meet	Gloucester	SW0363	2
200 Individual Medley	2:13.92	2:16.80	548	19/11/11	City of Hereford Open Meet	Hereford	WM1248	3
400 Individual Medley	4:55.62	5:01.50	501	23/10/10	Greater Gwent Open Water	Newport	WAL328	1
100 Individual Medley	1:03.36	1:03.40	470	08/11/09	Midland SC Champs 2009	Corby	WMR928	2