

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.50	24.70	551	25/03/17	MCASA Open Meet	London	LR170009	1
100 Freestyle	56.74	55.30	563	25/03/17	MCASA Open Meet	London	LR170009	1
200 Freestyle	2:10.10	2:07.40	481	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
400 Freestyle	4:44.18	4:39.20	464	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
1500 Freestyle	19:00.55	18:42.30	445	08/06/13	ASA London Region Age Group Championship	London	LRX311	1
50 Breaststroke	35.62	34.70	386	25/03/17	MCASA Open Meet	London	LR170009	1
200 Breaststroke	3:19.58	3:16.90	248	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
50 Butterfly	28.38	27.70	483	26/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	29.77	29.10	495	26/03/17	MCASA Open Meet	London	LR170009	1
100 Backstroke	1:04.72	1:03.50	506	26/03/17	MCASA Open Meet	London	LR170009	1
200 Backstroke	2:26.21	2:23.90	448	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Individual Medley	2:30.71	2:28.10	432	09/05/15	London Region Summer Championships	London	LR150562	1
400 Individual Medley	5:59.65	5:54.70	306	19/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	SE2168	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.03	25.80	522	06/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Freestyle	54.69	56.20	551	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Freestyle	2:01.87	2:04.70	542	05/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Freestyle	4:30.54	4:35.70	482	14/06/15	Borough of Harrow Club Championships	Northwood	LR151032	4
1500 Freestyle	18:33.52	18:51.90	439	13/06/15	Borough of Harrow Club Championships	Barnet	LR151031	4
50 Breaststroke	35.91	36.80	335	19/09/16	Borough of Harrow Club Championships	Hendon	LR161085	4
100 Breaststroke	1:20.49	1:22.00	323	27/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
200 Breaststroke	2:59.68	3:02.60	299	02/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
50 Butterfly	28.19	28.90	459	19/09/16	Borough of Harrow Club Championships	Hendon	LR161085	4
100 Butterfly	1:09.23	1:10.30	328	28/06/15	BHSC End of Season Early County Qualifier	Hendon	LR150980	3
200 Butterfly	2:59.07	3:00.80	212	28/09/14	Borough of Harrow Club Championships	Barnet	LR14230	4
50 Backstroke	29.10	29.80	438	05/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Backstroke	1:01.69	1:03.00	480	10/12/16	NASL London	Lewisham	ER162332	3
200 Backstroke	2:18.58	2:21.00	442	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Individual Medley	2:22.10	2:24.80	459	23/01/16	MCASA County Championships 2016	Barnet	LR160279	2
400 Individual Medley	5:14.75	5:20.30	415	15/06/15	Borough of Harrow Club Championships	Northwood	LR151033	4
100 Individual Medley	1:05.69	1:05.70	422	30/01/16	MCASA County Championships 2016	Barnet	LR160280	2