

Individual Best Times (All Time)

Howard Clarke - (47298) - Runnymede SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.15	26.40	456	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
100 Freestyle	1:01.93	1:00.60	433	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
200 Freestyle	2:14.21	2:11.60	438	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
400 Freestyle	4:41.40	4:36.40	478	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
100 Butterfly	1:08.44	1:07.30	377	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
200 Butterfly	2:29.55	2:27.40	401	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
200 Individual Medley	2:31.32	2:28.70	427	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
400 Individual Medley	5:19.91	5:14.40	435	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.75	27.50	428	02/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Freestyle	58.94	1:00.30	440	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
200 Freestyle	2:12.94	2:15.50	417	24/03/07	Essex County Champs D	Grays	CC7004	2
400 Freestyle	4:48.12	4:53.00	399	06/05/06	West Suffolk Open	Bury St Edmunds	ER6087	2
800 Freestyle	9:45.26	9:55.10	434	17/02/08	Essex County Champs	Grays	CC8012	2
100 Breaststroke	1:23.91	1:25.40	285	03/12/06	Waltham Forest Winter	Waltham Forest	LR6226	3
200 Breaststroke	3:24.90	3:27.50	201	06/03/04	Essex County Championships	Various	CCS017	2
50 Butterfly	28.76	29.40	432	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Butterfly	1:06.59	1:07.70	369	04/10/08	Runnymede & Southend Club	Southend	ER8415	4
200 Butterfly	2:26.64	2:28.80	386	26/11/06	Essex County Championship	Grays	ER6116	2
50 Backstroke	36.55	37.10	221	16/01/05	Essex County Championship 2005	Walthamstow	CCS518	2
100 Backstroke	1:09.23	1:10.40	340	04/03/07	Essex County Champs	Grays	CC7003	2
200 Backstroke	2:36.50	2:38.60	307	05/03/06	Essex County Champs	Fullwell Cross	CC6003	2
200 Individual Medley	2:26.46	2:29.10	419	24/10/08	Runnymede & Southend Club	Runnymede	ER8417	4
400 Individual Medley	5:24.48	5:29.90	378	26/03/06	Essex County Champs	Grays	CC6004	2
100 Individual Medley	1:09.15	1:09.20	361	16/02/08	Essex County Champs	Grays	CC8012	2