

Individual Best Times (All Time)

Louis Harwood - (715364) - Ellesmere Port SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.96	29.30	339	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Freestyle	1:04.15	1:02.80	389	25/02/17	Ulster Spring Qualifying Meet	Bangor	GBR459	1
200 Freestyle	2:15.08	2:12.50	430	13/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
400 Freestyle	4:41.33	4:36.30	478	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
1500 Freestyle	19:01.13	18:42.90	444	24/02/17	Ulster Spring Qualifying Meet	Bangor	GBR459	1
50 Breaststroke	42.57	41.80	226	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Breaststroke	1:30.45	1:29.00	248	26/02/17	Ulster Spring Qualifying Meet	Bangor	GBR459	1
50 Butterfly	30.90	30.30	374	28/05/17	ASA North West Region Summer Championships	Manchester	NW170272	1
100 Butterfly	1:05.60	1:04.40	428	19/05/18	2018 SENW Summer Championships	Liverpool	NW180833	1
200 Butterfly	2:21.24	2:19.00	476	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
50 Backstroke	35.60	35.00	289	13/03/16	City of Sheffield March Madness Meet	Sheffield	NE160333	3
100 Backstroke	1:34.95	1:34.10	160	22/06/14	City of Liverpool SC L3 Summer Sprint Meet	Liverpool	NW4453	3
200 Backstroke	2:44.68	2:42.60	313	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Individual Medley	2:34.01	2:31.40	405	13/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
400 Individual Medley	5:17.86	5:12.30	444	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.31	30.00	325	22/01/17	Cheshire County Championships	Macclesfield	NW170241	2
100 Freestyle	1:01.53	1:02.90	387	30/06/18	Wirral Metro Summer Development Meet	Birkenhead	NW180430	3
200 Freestyle	2:12.86	2:15.40	418	30/06/18	Wirral Metro Summer Development Meet	Birkenhead	NW180430	3
400 Freestyle	4:34.70	4:39.80	461	19/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
1500 Freestyle	21:33.23	21:49.10	280	16/09/15	Wirral Metro Club Championships 2015	Birkenhead	NW151382	4
50 Breaststroke	42.01	42.80	209	24/01/16	Cheshire County Championships 2016	Macclesfield	NW160011	2
100 Breaststroke	1:32.53	1:33.90	213	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Breaststroke	2:55.81	2:58.80	319	01/10/17	Wirral Metro Autumn L2 Short Course Open Meet	Birkenhead	NW170823	2
50 Butterfly	30.33	30.90	368	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	NW180236	2
100 Butterfly	1:03.67	1:04.90	422	16/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
200 Butterfly	2:19.94	2:22.20	445	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
50 Backstroke	35.54	36.10	240	19/12/15	Wirral Metro Christmas Level 3 Gala 2015	Birkenhead	NW152274	3
100 Backstroke	1:06.94	1:08.10	376	16/12/17	Wirral Metro Christmas Open Development Gala	Birkenhead	NW170824	3
200 Backstroke	2:25.27	2:27.50	384	21/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	NW180236	2
200 Individual Medley	2:26.41	2:29.10	419	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Individual Medley	5:05.60	5:11.30	453	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Individual Medley	1:17.64	1:17.60	255	06/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2