

Individual Best Times (All Time)

Connor Houston - (721799) - Deben SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.66	27.90	388	21/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
100 Freestyle	1:02.59	1:01.20	419	20/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
200 Freestyle	2:10.62	2:07.90	476	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
400 Freestyle	4:45.64	4:40.70	457	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
800 Freestyle	9:33.02	9:22.90	491	18/05/19	Swim England East Region Long Course Champs 2019	Luton	ER190180	1
1500 Freestyle	18:31.45	18:12.70	481	18/01/20	Suffolk ASA County Championships 2020	Norwich	ER200343	1
50 Butterfly	30.31	29.70	396	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Butterfly	1:05.68	1:04.50	426	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Butterfly	2:25.31	2:23.10	437	20/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
50 Backstroke	44.21	43.80	151	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Individual Medley	2:37.87	2:35.40	376	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
400 Individual Medley	5:23.57	5:18.10	420	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.10	27.90	411	05/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
100 Freestyle	56.87	58.30	490	29/02/20	Deben Leap Meet 2020	Ipswich	ER200088	3
200 Freestyle	2:04.28	2:07.00	511	30/01/22	Swim England Suffolk County Championships 2022	Ipswich	ER220169	2
400 Freestyle	4:22.52	4:27.80	528	22/09/19	Sudbury & District Michaelmas Two Day Open Meet	Sudbury	ER192193	3
1500 Freestyle	18:20.07	18:38.70	456	16/06/19	West Suffolk Swimming Club Long Distance Meet 2019	Bury St Edmunds	ER191828	3
50 Breaststroke	36.12	37.00	329	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3
100 Breaststroke	1:17.81	1:19.40	358	17/10/21	Diss Otters Open 2021	Norwich	ER210536	3
200 Breaststroke	3:05.94	3:08.80	269	08/08/21	Deben	Woolverstone	LEX3741	0
50 Butterfly	29.14	29.80	415	17/10/21	Diss Otters Open 2021	Norwich	ER210536	3
100 Butterfly	1:03.58	1:04.80	424	29/02/20	Deben Leap Meet 2020	Ipswich	ER200088	3
200 Butterfly	2:20.21	2:22.40	442	15/12/19	Stowmarket No Frills Open Meet	Stowmarket	ER191851	3
50 Backstroke	34.24	34.80	269	15/09/18	Deben Saturday Sprints	Woodbridge	ER182068	4
100 Backstroke	1:14.22	1:15.30	276	22/09/18	Sudbury & District Michaelmas Two Day Open Meet	Sudbury	ER181653	3
200 Backstroke	2:30.34	2:32.50	346	10/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
200 Individual Medley	2:23.62	2:26.30	444	06/02/22	Swim England Suffolk County Championships 2022	Ipswich	ER220170	2
400 Individual Medley	5:01.17	5:06.90	473	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Individual Medley	1:07.32	1:07.30	392	01/03/20	Deben Leap Meet 2020	Ipswich	ER200088	3