

Individual Best Times (All Time)

Jonathan Farrow - (748015) - Hemel Hempstead SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.42	27.70	398	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:01.47	1:00.10	443	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Freestyle	2:19.17	2:16.70	393	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Freestyle	4:58.08	4:53.30	402	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1
50 Butterfly	30.47	29.80	390	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Butterfly	1:11.86	1:10.80	325	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Butterfly	2:42.37	2:40.40	313	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
50 Backstroke	32.92	32.30	366	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Backstroke	1:10.87	1:09.70	385	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
200 Backstroke	2:33.03	2:30.80	391	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Individual Medley	2:51.74	2:49.40	292	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.32	28.10	401	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
100 Freestyle	58.70	1:00.10	445	20/06/18	HHSC Club Championships	Hemel Hempstead	ER180674	4
200 Freestyle	2:10.93	2:13.60	437	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
400 Freestyle	4:37.47	4:42.50	447	19/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	ER171354	3
1500 Freestyle	18:57.56	19:15.60	412	14/11/16	Watford & Hemel Hempstead Club Champs	Watford	ER162494	3
50 Breaststroke	38.48	39.30	272	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	ER180888	3
100 Breaststroke	1:24.21	1:25.70	282	20/06/18	HHSC Club Championships	Hemel Hempstead	ER180674	4
50 Butterfly	29.41	30.00	404	07/10/18	HHSC Birthday Open	Hemel Hempstead	ER180671	3
100 Butterfly	1:06.87	1:08.00	364	22/06/18	HHSC Club Championships	Hemel Hempstead	ER180676	4
200 Butterfly	2:31.60	2:33.70	350	28/01/18	Hertfordshire County Championships	Borehamwood	ER180357	2
50 Backstroke	31.50	32.10	345	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
100 Backstroke	1:07.96	1:09.10	359	14/11/15	National Arena League-London Div1&2 Rounds123	Luton	ER152122	3
200 Backstroke	2:27.36	2:29.60	368	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
200 Individual Medley	2:30.75	2:33.30	384	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
400 Individual Medley	5:21.94	5:27.40	387	22/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171344	4
100 Individual Medley	1:10.52	1:10.50	341	07/10/18	HHSC Birthday Open	Hemel Hempstead	ER180671	3