

Individual Best Times (All Time)

Simon Target - (77944) - Hatfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.90	25.10	526	01/05/11	BG East Region Championships	Norwich	ERX115	1
100 Freestyle	58.16	56.70	523	30/04/11	BG East Region Championships	Norwich	ERX115	1
200 Freestyle	2:18.12	2:15.60	402	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
50 Breaststroke	32.47	31.50	510	02/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
100 Breaststroke	1:13.23	1:11.50	468	25/04/10	National Arena Swimming League Cup Final	Sheffield	NE0307	1
200 Breaststroke	2:46.77	2:43.60	425	14/06/08	East Region Bagcat Champs	Norwich	ERX812	1
50 Butterfly	28.95	28.30	455	02/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	EM1319	1
100 Butterfly	1:09.40	1:08.30	361	13/06/09	East Region Age Groups	Norwich	ERX914	1
50 Backstroke	35.19	34.60	299	11/04/09	City of Norwich Easter Mt	Norwich	ER9156	2
200 Individual Medley	2:32.47	2:29.90	417	07/06/09	East Region BAGCATS	UEA Norwich	ERX913	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.06	25.90	520	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
100 Freestyle	56.38	57.80	503	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
200 Freestyle	2:09.79	2:12.40	448	27/11/10	Hatfield Winter Wonderland	Hatfield	ER0805	2
400 Freestyle	4:57.61	5:02.30	362	17/11/07	Milton Keynes November	Milton Keynes	SE7158	2
50 Breaststroke	31.56	32.50	494	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
100 Breaststroke	1:08.64	1:10.40	522	18/03/12	Hertfordshire County Championships	Borehamwood	CC2104	2
200 Breaststroke	2:41.95	2:45.20	408	19/03/11	Hertfordshire County Championships	Borehamwood	CC1117	2
50 Butterfly	28.24	28.90	456	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
100 Butterfly	1:03.77	1:04.90	420	17/03/12	Hertfordshire County Championships	Borehamwood	CC2104	2
200 Butterfly	3:04.76	3:06.50	193	03/03/07	Hertfordshire Champs	Borehamwood	CC7008	2
50 Backstroke	32.90	33.50	303	26/06/10	City of Milton Keynes	Milton Keynes	SE0060	3
100 Backstroke	1:10.92	1:12.00	316	20/03/10	Hertfordshire Champs	Borehamwood	CC0020	2
200 Backstroke	3:46.77	3:48.20	101	07/02/04	Middlesex County Champs 2004	Enfield	CCS012	2
200 Individual Medley	2:29.26	2:31.90	396	16/01/10	Watford County Qualifier	Watford	ER0011	3
400 Individual Medley	6:28.99	6:33.50	219	10/03/07	Hertfordshire Champs	Borehamwood	CC7009	2
100 Individual Medley	1:06.06	1:06.10	415	16/01/10	Watford County Qualifier	Watford	ER0011	3