

Individual Best Times (All Time)

George Watkins - (816178) - Norwich Swan SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.39	31.10	291	12/07/14	Norwich Swan SC Club Championships	Wymondham	ER4746	4
100 Freestyle	1:08.39	1:09.60	281	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
200 Freestyle	2:31.79	2:34.10	280	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
400 Freestyle	5:34.62	5:38.80	255	16/07/14	Norwich Swan SC Club Championships	Wymondham	ER4747	4
1500 Freestyle	22:41.50	22:56.60	240	10/07/13	Norwich Swan Club Championships	Wymondham	ER3672	4
50 Breaststroke	42.06	42.80	208	12/07/14	Norwich Swan SC Club Championships	Wymondham	ER4746	4
100 Breaststroke	1:30.02	1:31.40	231	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
200 Breaststroke	3:13.67	3:16.40	238	12/07/14	Norwich Swan SC Club Championships	Wymondham	ER4746	4
50 Butterfly	35.12	35.70	237	12/07/14	Norwich Swan SC Club Championships	Wymondham	ER4746	4
100 Butterfly	1:19.98	1:20.90	213	19/07/14	Norwich Swan SC Club Championships	Wymondham	ER4748	4
50 Backstroke	38.67	39.20	186	23/11/13	Deben Open Meet	Deben	ER3812	3
100 Backstroke	1:26.31	1:27.20	175	20/07/13	Norwich Swan Club Championships	Wymondham	ER3672	4
200 Backstroke	3:05.74	3:07.50	183	11/01/14	Sudbury & District January Time Trials	Sudbury	ER4127	3
200 Individual Medley	2:52.91	2:55.20	254	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Individual Medley	1:19.42	1:19.40	238	19/07/14	Norwich Swan SC Club Championships	Wymondham	ER4748	4