

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.84	25.00	529	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Freestyle	56.47	55.00	571	25/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230411	1
200 Freestyle	2:11.19	2:08.50	470	06/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220077	1
400 Freestyle	4:42.69	4:37.70	471	05/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220077	1
50 Breaststroke	32.70	31.70	499	30/04/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
100 Breaststroke	1:12.82	1:11.10	476	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Breaststroke	2:36.89	2:33.50	511	29/04/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
50 Butterfly	28.51	27.80	476	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Butterfly	1:02.04	1:00.80	506	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Butterfly	2:24.56	2:22.40	444	21/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1
50 Backstroke	29.87	29.20	490	01/05/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
100 Backstroke	1:04.75	1:03.50	506	21/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230409	1
200 Backstroke	2:33.77	2:31.60	385	05/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220077	1
200 Individual Medley	2:24.25	2:21.50	493	19/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220078	1
400 Individual Medley	5:16.18	5:10.60	451	16/01/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	EM220076	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.45	26.30	497	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Freestyle	55.26	56.70	534	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Freestyle	2:04.42	2:07.20	509	27/03/22	City of Leicester Age Group Meet 2022	Braunstone	EM220167	3
400 Freestyle	4:31.45	4:36.60	478	11/10/22	Radford SC Club Championships 2022	Radford	EM222131	4
800 Freestyle	10:27.15	10:36.30	353	13/12/19	Radford Annual Club Champs and Time Trials	John Carroll LC	EM193336	4
1500 Freestyle	21:04.21	21:20.50	300	17/12/17	Nova Centurion Distance Meet	Nottingham	EM171924	3
50 Breaststroke	31.01	32.00	520	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Breaststroke	1:08.28	1:10.10	530	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Breaststroke	2:32.32	2:35.70	490	12/10/22	Radford SC Club Championships 2022	Radford	EM222131	4
50 Butterfly	27.89	28.60	474	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Butterfly	1:00.76	1:02.00	486	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Butterfly	2:24.36	2:26.50	405	08/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC	EM211524	4
50 Backstroke	28.89	29.60	448	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
100 Backstroke	1:03.50	1:04.80	440	27/03/22	City of Leicester Age Group Meet 2022	Braunstone	EM220167	3
200 Backstroke	2:18.60	2:21.00	442	26/03/22	City of Leicester Age Group Meet 2022	Braunstone	EM220167	3
200 Individual Medley	2:17.25	2:20.10	509	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
400 Individual Medley	5:08.37	5:14.00	441	28/09/21	Radford SC Championships and Time Trial 2021	Nottingham	EM210982	4
100 Individual Medley	1:02.46	1:02.50	491	14/01/23	Nottinghamshire ASA Stage 3 Gala 2023	Hucknall	EM230375	4