

# Individual Best Times (All Time)

Harry Weston - (892193) - Dereham & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.90	25.10	526	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
100 Freestyle	59.07	57.60	499	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Freestyle	2:24.85	2:22.40	349	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Breaststroke	34.99	34.10	407	30/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Breaststroke	1:24.55	1:23.00	304	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	ER160175	1
50 Butterfly	27.02	26.30	559	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich	ER220343	3
100 Butterfly	1:04.00	1:02.80	461	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	ER160175	1
50 Backstroke	31.35	30.70	423	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:10.67	1:09.50	389	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	ER160175	1
200 Individual Medley	2:52.30	2:50.00	289	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.02	25.80	523	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Freestyle	57.06	58.50	485	23/11/14	Dereham Otters Annual Gala	Dereham	ER14642	3
200 Freestyle	2:09.44	2:12.10	452	10/01/15	City of Cambridge Winter Open Short Course	Parkside	ER150184	2
400 Freestyle	4:38.03	4:43.00	444	21/02/15	Norfolk County Championships	Wymondham	CC150388	2
50 Breaststroke	32.93	33.90	434	28/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170329	2
100 Breaststroke	1:14.91	1:16.60	401	21/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222222	4
200 Breaststroke	2:51.84	2:54.90	341	21/06/15	Norfolk County Challenge Gala 2015	Dereham	ER151236	3
50 Butterfly	26.56	27.30	549	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Butterfly	1:02.40	1:03.60	448	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4
200 Butterfly	2:35.88	2:37.90	322	09/07/14	Dereham & District Roger Virgo Distance Event	Dereham	ER4893	4
50 Backstroke	29.29	30.00	430	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Backstroke	1:04.92	1:06.10	412	30/09/17	Iceni Level 3 Open Meet 2017	Dereham	ER171012	3
200 Backstroke	2:22.63	2:24.90	406	08/07/17	Norwich Swan Club Championships	Wymondham	ER171392	4
200 Individual Medley	2:26.11	2:28.80	422	28/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170329	2
100 Individual Medley	1:04.10	1:04.10	454	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2