

# Individual Best Times (All Time)

## Angus Harrow - (907467) - Harpenden Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.50	26.70	439	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
50 Butterfly	27.95	27.30	505	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
100 Butterfly	1:01.47	1:00.20	520	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Butterfly	2:17.10	2:14.80	521	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Backstroke	33.77	33.20	339	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.28	28.00	403	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
100 Freestyle	57.67	59.10	470	12/01/20	Swim England Hertfordshire County Championships	Borehamwood	ER200118	2
200 Freestyle	2:08.66	2:11.30	460	07/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
400 Freestyle	4:43.69	4:48.60	418	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes	SE162086	3
50 Breaststroke	41.43	42.20	218	24/06/16	Harpenden Club Championships	St Albans	ER161501	4
100 Breaststroke	1:30.81	1:32.20	225	25/06/16	Harpenden Club Championships 2016	Hemel Hempstead	ER161502	4
200 Breaststroke	3:42.25	3:44.60	158	06/07/14	Harpenden SC 200m Championships 2014	Harpenden	ER4490	4
50 Butterfly	27.52	28.20	493	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:00.92	1:02.20	482	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
200 Butterfly	2:16.16	2:18.50	483	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190026	2
50 Backstroke	33.41	34.00	289	11/12/16	Hertsme Flyers Last Chance 'No Frills' Gala	Borehamwood	ER161438	3
100 Backstroke	1:11.59	1:12.70	307	02/10/16	Harpenden Legacy Meet 2016	Borehamwood	ER161478	3
200 Backstroke	2:40.40	2:42.50	285	27/11/15	Harpenden SC Club Championships 2015	St Albans	ER151906	4
200 Individual Medley	2:31.71	2:34.30	377	07/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
100 Individual Medley	1:10.62	1:10.60	339	07/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3