

Individual Best Times (All Time)

Heaven Harris-Burton - (926607) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.07	27.30	595	01/05/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
100 Freestyle	1:01.07	59.70	607	29/04/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
200 Freestyle	2:16.55	2:14.00	564	02/04/22	Nova Centurion April Meet	Nottingham	EM220175	1
400 Freestyle	4:44.72	4:39.70	565	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200413	1
800 Freestyle	9:44.40	9:34.40	570	02/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200413	1
1500 Freestyle	18:16.56	17:57.60	591	23/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200414	1
50 Breaststroke	36.23	35.40	521	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200413	1
100 Breaststroke	1:22.76	1:21.20	465	01/03/20	Nova March Meet (Level 3)	Nottingham	EM200415	3
200 Breaststroke	2:58.01	2:55.00	461	19/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200412	1
50 Butterfly	34.39	33.80	358	19/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200412	1
50 Backstroke	36.20	35.60	408	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
100 Backstroke	1:15.27	1:14.20	441	18/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200412	1
200 Backstroke	2:43.63	2:41.60	426	06/07/19	Northampton 2019 Long Course Summer Festival	Corby	EM191221	3
200 Individual Medley	2:36.01	2:33.50	528	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
400 Individual Medley	5:33.66	5:28.40	505	21/12/19	Northampton Swimming Club Winter Festival	Corby	EM191953	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.87	28.60	556	02/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3
100 Freestyle	59.54	1:00.90	601	16/07/23	Nottinghamshire A.S.A. Summer Gala 2023	Nottingham	EM231104	3
200 Freestyle	2:12.58	2:15.20	575	16/07/23	Nottinghamshire A.S.A. Summer Gala 2023	Nottingham	EM231104	3
400 Freestyle	4:34.05	4:39.10	601	01/12/19	Nottinghamshire ASA Festive Frenzy Gala 2019	Harvey Hadden, Notts	EM192893	3
800 Freestyle	9:32.85	9:42.80	578	19/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
1500 Freestyle	18:31.11	18:49.50	546	20/10/19	Long Eaton Distance Meet	Queens LC	EM192131	3
50 Breaststroke	35.96	36.80	491	02/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3
100 Breaststroke	1:19.80	1:21.40	477	22/05/21	Nova Centurion Covid Time Trials 2021	Nottingham	EM210036	4
200 Breaststroke	2:55.16	2:58.20	453	17/11/19	Nottingham Leander 2019 Club Championships	Hucknall	EM192321	4
50 Butterfly	35.01	35.50	337	03/11/19	Braunstone Autumn Open Meet 2019	Braunstone	EM192470	3
100 Butterfly	1:21.73	1:22.70	289	30/11/19	Nottinghamshire ASA Festive Frenzy Gala 2019	Harvey Hadden, Notts	EM192893	3
200 Butterfly	3:55.68	3:57.00	130	19/11/16	Nottingham Leander Club Championships	Nottingham	EM161872	4
50 Backstroke	32.28	32.90	478	01/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3
100 Backstroke	1:10.39	1:11.50	474	25/03/23	Notts Sports Centre League 2023 - Division 1	Alfreton	EM230427	4
200 Backstroke	2:33.38	2:35.50	466	03/11/19	Braunstone Autumn Open Meet 2019	Braunstone	EM192470	3
200 Individual Medley	2:27.76	2:30.40	560	26/09/21	Nova Centurion September Sprint Meet	Nottingham	EM210512	3
400 Individual Medley	5:22.52	5:27.90	517	30/11/19	Nottinghamshire ASA Festive Frenzy Gala 2019	Harvey Hadden, Notts	EM192893	3
100 Individual Medley	1:08.85	1:08.80	552	02/07/23	Nottingham LSC The Tony Holmes Sprint Meet 2023	Nottingham	EM230747	3