

Individual Best Times (All Time)

Rowan Gregory - (973811) - Bushey Amateur Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.84	36.40	261	02/12/17	Bushey Club Championships 3 2017	Woodside	ER172438	4
100 Freestyle	1:19.53	1:20.60	252	13/07/16	Watford Sprint Club Championships 2016	Watford	ER161560	4
200 Freestyle	3:06.01	3:07.90	208	01/10/14	Watford SC Club Championships Distance 2014	Watford	ER14196	4
50 Breaststroke	48.63	49.30	198	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Breaststroke	1:40.29	1:41.50	240	11/11/17	NASL - London Rounds 2017 - Division 1 & 2	Braintree	ER172123	3
200 Breaststroke	3:31.93	3:34.40	256	19/03/17	Bushey ASC Time Trials 1	Bushey	ER170676	4
50 Butterfly	37.92	38.40	265	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Butterfly	1:24.30	1:25.20	263	13/07/16	Watford Sprint Club Championships 2016	Watford	ER161560	4
50 Backstroke	40.47	41.00	242	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Backstroke	1:24.07	1:25.00	278	14/10/17	NASL - London Rounds 2017 - Division 1 & 2	Watford	ER172121	3
200 Backstroke	3:03.26	3:05.10	273	15/03/15	Hertfordshire County Championships	Borehamwood	CC150272	2
200 Individual Medley	3:07.00	3:09.10	276	19/03/17	Bushey ASC Time Trials 1	Bushey	ER170676	4
100 Individual Medley	1:25.71	1:25.70	286	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4