

# Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 200 Individual Medley - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:24.25	493	H	19/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
2:25.34	482	H	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:25.43	481	F	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:25.95	476	H	25/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
2:35.23	396	H	23/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
2:46.99	318	H	07/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Nova Cent'n	3
2:47.00	318	H	28/04/19	SE East Midlands Region Champs 2019 Gala 1	Corby	Nova Cent'n	1
2:56.43	269	H	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	Bramcote	1
2:56.71	268	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
3:10.75	213	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
3:11.98	209	H	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	Nova Cent'n	3
3:14.51	201	H	21/01/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
3:18.95	188	H	16/07/16	Nottinghamshire ASA Summer Gala	Nottingham	Bramcote	3
3:23.26	176	H	16/01/16	Nottinghamshire ASA County Championships 2016	Nottingham	Bramcote	1
3:29.86	160	H	20/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	Bramcote	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:25.95	476	H	25/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
2:25.43	481	F	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:25.34	482	H	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:24.25	493	H	19/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
2:35.23	396	H	23/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
2:47.00	318	H	28/04/19	SE East Midlands Region Champs 2019 Gala 1	Corby	Nova Cent'n	1
2:46.99	318	H	07/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Nova Cent'n	3
2:56.43	269	H	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	Bramcote	1

2:56.71	268	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
3:11.98	209	H	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	Nova Cent'n	3
3:10.75	213	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
3:14.51	201	H	21/01/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
3:18.95	188	H	16/07/16	Nottinghamshire ASA Summer Gala	Nottingham	Bramcote	3
3:23.26	176	H	16/01/16	Nottinghamshire ASA County Championships 2016	Nottingham	Bramcote	1
3:29.86	160	H	20/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	Bramcote	3