

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 50 Freestyle - Short 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
25.03	522	H	06/11/16	London Region Winter Championships	Stratford	Bo Of Harrow	2
25.21	511	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
25.50	494	H	07/02/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
25.86	473	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
26.15	458	H	18/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
26.74	428	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
27.09	412	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Bo Of Harrow	3
27.20	407	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
27.53	392	H	19/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
27.79	381	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
28.15	367	F	21/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
29.04	334	F	14/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
29.36	323		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
29.40	322	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
29.42	321	F	03/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
29.44	321	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
29.58	316	F	07/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
30.09	300	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
30.25	296	F	26/02/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
30.34	293	F	06/01/13	Borough of Harrow County Time Trials	Harrow	Bo Of Harrow	4
30.46	289	H	17/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
30.78	280		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
31.02	274		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
31.47	262	F	20/02/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
31.56	260		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
31.74	256		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
32.21	242	H	05/12/10	Middlesex County SC Champs	Enfield	Bo Of Harrow	2

32.31	242	H	05/12/10	Middlesex County SC Champ	Enfield	Bo Of Harrow	2
32.37	241		20/06/10	Borough Of Harrow Open Meet	Barnet	Bo Of Harrow	4
34.17	205		03/04/10	Basingstoke Bluefins Meet	Basingstoke	Bo Of Harrow	4
35.37	185	F	21/02/10	Middlesex County Champs	Enfield	Bo Of Harrow	2
35.89	177		28/09/09	Harrow & Wealdstone Champs	Barnet	Bo Of Harrow	4
38.32	145		22/02/09	Middlesex County Champs	Enfield	Bo Of Harrow	2
42.48	106		15/11/08	Harrow & Wealdstone Club	Barnet	Bo Of Harrow	4

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