

# Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 50 Backstroke - 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
29.10	438	H	05/11/16	London Region Winter Championships	Stratford	Bo Of Harrow	2
29.82	407	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
29.96	401	F	06/02/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
30.05	398	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
30.24	390	H	06/02/16	MCASA County Championships 2016	Barnet		2
30.38	385	H	17/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
30.42	383	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
30.95	364	H	14/02/15	Middlesex County Championships 2015	Barnet	Bo Of Harrow	2
31.30	352	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
31.47	346	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
32.07	327	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
32.13	325	F	22/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
33.27	293	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
33.77	280	F	12/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
33.83	279	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
33.89	277	F	06/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
34.06	273		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
34.27	268	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
34.31	267	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
34.81	256	F	26/02/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
34.99	252		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
35.26	246	H	17/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
35.43	243		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
35.47	242		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
35.84	234	F	20/02/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
36.97	213		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
38.00	180	F	21/02/10	Middlesex County Championships	Enfield	Bo Of Harrow	2

38.22	193	F	21/02/10	Middlesex County Champs	Enfield	Bo Of Harrow	2
39.72	172		03/04/10	Basingstoke Bluefins Meet	Basingstoke	Bo Of Harrow	4
40.11	167		27/09/09	Harrow & Wealdstone Champs	Barnet	Bo Of Harrow	4
44.69	121		22/02/09	Middlesex County Champs	Enfield	Bo Of Harrow	2
46.79	105		15/11/08	Harrow & Wealdstone Club	Barnet	Bo Of Harrow	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.05	398	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
29.10	438	H	05/11/16	London Region Winter Championships	Stratford	Bo Of Harrow	2
29.82	407	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
29.96	401	F	06/02/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
30.24	390	H	06/02/16	MCASA County Championships 2016	Barnet		2
30.38	385	H	17/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
31.47	346	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
30.42	383	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
30.95	364	H	14/02/15	Middlesex County Championships 2015	Barnet	Bo Of Harrow	2
31.30	352	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
32.07	327	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
32.13	325	F	22/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
33.27	293	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
33.83	279	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
34.06	273		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
33.77	280	F	12/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
34.27	268	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
33.89	277	F	06/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
34.31	267	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
34.81	256	F	26/02/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
34.99	252		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
35.43	243		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
35.26	246	H	17/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
35.47	242		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
35.84	234	F	20/02/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
36.97	213		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
39.72	172		03/04/10	Basingstoke Bluefins Meet	Basingstoke	Bo Of Harrow	4
38.22	193	F	21/02/10	Middlesex County Champs	Enfield	Bo Of Harrow	2
40.11	167		27/09/09	Harrow & Wealdstone Champs	Barnet	Bo Of Harrow	4
44.69	121		22/02/09	Middlesex County Champs	Enfield	Bo Of Harrow	2
46.79	105		15/11/08	Harrow & Wealdstone Club	Barnet	Bo Of Harrow	4