## **Individual Best Times (All Time)**

Rory Duncan - (440467) - Borough of Harrow S C - 200 Breaststroke - 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
2:59.68	299	F	02/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
3:01.56	289	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
3:02.00	287	F	22/02/14	The Borough of Harrow John Basford Open Meet	London	Bo Of Harrow	3
3:04.39	276	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
3:08.24	260	F	14/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
3:08.81	257	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
3:11.08	248	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
3:12.64	242	F	24/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
3:13.69	238	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
3:15.27	233	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
3:17.53	225	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
3:20.16	216		16/10/11	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	4
3:21.57	211		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
3:25.80	199		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
3:27.12	195	F	06/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
3:27.63	193		15/05/11	Barnet Copthall Kate Lock Meet	Barnet	Bo Of Harrow	1
3:27.97	192		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
3:35.31	173	Н	23/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
3:37.18	169		17/10/10	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3
3:40.37	162	F	23/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4
3:41.83	158		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
3:47.34	147	F	18/04/10	Middlesex Development	Enfield	Bo Of Harrow	4
4:24.06	94		18/10/09	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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						Page 2 / 2
289	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
299	F	02/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
276	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
287	F	22/02/14	The Borough of Harrow John Basford Open Meet	London	Bo Of Harrow	3
257	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
260	F	14/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
248	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
233	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
225	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
238	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
242	F	24/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
199		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
216		16/10/11	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	4
192		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
211		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
193		15/05/11	Barnet Copthall Kate Lock Meet	Barnet	Bo Of Harrow	1
195	F	06/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
173	Н	23/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
158		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
162	F	23/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4
169		17/10/10	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3
147	F	18/04/10	Middlesex Development	Enfield	Bo Of Harrow	4
94		18/10/09	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3
	299 276 287 257 260 248 233 225 238 242 199 216 192 211 193 195 173 158 162 169 147	299 F 276 F 287 F 260 F 248 F 233 F 225 F 238 F 242 F 199 216 192 211 193 195 F 173 H 158 162 F 169 147 F	299 F 02/11/14 276 F 28/09/14 287 F 22/02/14 257 F 02/11/13 260 F 14/07/13 248 F 16/06/13 233 F 16/12/12 225 F 23/09/12 238 F 15/07/12 242 F 24/03/12 199 19/11/11 216 16/10/11 192 25/09/11 211 09/07/11 193 15/05/11 195 F 06/03/11 173 H 23/01/11 158 31/10/10 162 F 23/10/10 169 17/10/10 147 F 18/04/10	299         F         02/11/14         Ealing Level 3 Open Meet           276         F         28/09/14         Borough of Harrow Club Championships           287         F         22/02/14         The Borough of Harrow John Basford Open Meet           257         F         02/11/13         The Borough of Harrow Club Championships           260         F         14/07/13         Staines Black Swan Summer Meet           248         F         16/06/13         Borough of Harrow SC End of Season Open Meet           233         F         16/12/12         Borough of Harrow SC Christmas Cracker           225         F         23/09/12         Borough of Harrow SC Club Championships           238         F         15/07/12         Staines SC Black Swan Summer Meet           242         F         24/03/12         Middlesex Bagcat & Youths County Champs           199         19/11/11         Borough of Harrow Winter Open Meet           216         16/10/11         Barnet Copthall 200 Meet           192         25/09/11         Borough of Harrow Club Championships           211         09/07/11         Edmonton Phoenix Junior Open           193         15/05/11         Barnet Copthall Kate Lock Meet           195         F         06/03/11	299         F         02/11/14         Ealing Level 3 Open Meet         Northolt           276         F         28/09/14         Borough of Harrow Club Championships         Barnet           287         F         22/02/14         The Borough of Harrow John Basford Open Meet         London           257         F         02/11/13         The Borough of Harrow Club Championships         Barnet           260         F         14/07/13         Staines Black Swan Summer Meet         Elmbridge           248         F         16/06/13         Borough of Harrow SC End of Season Open Meet         Barnet           233         F         16/12/12         Borough of Harrow SC Club Championships         Harrow           225         F         23/09/12         Borough of Harrow SC Club Championships         Harrow           238         F         15/07/12         Staines SC Black Swan Summer Meet         Walton on Thames           242         F         24/03/12         Middlesex Bagcat & Youths County Champs         Enfield           199         19/11/11         Borough of Harrow Winter Open Meet         Barnet           216         16/10/11         Barnet Copthall 200 Meet         Barnet           192         25/09/11         Borough of Harrow Club Championships	299         F         02/11/14         Ealing Level 3 Open Meet         Northolt         Bo Of Harrow           276         F         28/09/14         Borough of Harrow Club Championships         Barnet         Bo Of Harrow           287         F         22/02/14         The Borough of Harrow John Basford Open Meet         London         Bo Of Harrow           257         F         02/11/13         The Borough of Harrow Club Championships         Barnet         Bo Of Harrow           260         F         14/07/13         Staines Black Swan Summer Meet         Elmbridge         Bo Of Harrow           248         F         16/06/13         Borough of Harrow SC Christmas Cracker         London         Bo Of Harrow           233         F         16/12/12         Borough of Harrow SC Club Championships         Harrow         Bo Of Harrow           225         F         23/09/12         Borough of Harrow SC Club Championships         Harrow         Bo Of Harrow           238         F         15/07/12         Staines SC Black Swan Summer Meet         Walton on Thames         Bo Of Harrow           242         F         24/03/12         Middlesex Bagcat & Youths County Champs         Enfield         Bo Of Harrow           199         19/11/11         Borough of Harrow Winter Ope

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