

# Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 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
28.89	448	H	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	Radford	2
29.07	439	H	01/04/23	City of Leicester Age Group Meet 2023	Leicester	Radford	3
29.38	426	H	26/03/22	City of Leicester Age Group Meet 2022	Braunstone	Radford	3
29.42	424	H	06/03/22	Radford SC The Dean Anscombe Open Meet 2022	Hucknall	Radford	3
29.43	424	H	05/03/23	The Dean Anscombe Open Meet 2023	Alfreton	Radford	3
29.58	417	H	01/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC		4
30.50	380	H	20/11/21	Major Oak Open Meet	Mansfield	Radford	3
31.68	339	H	08/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC		4
33.06	299	H	02/11/20	Radford SC	Harvey Haddon	Radford	0
33.89	277	H	07/03/20	The 2020 Leicester Age Group Meet	Braunstone	Radford	3
35.31	245	H	15/12/18	Chesterfield Winter Open Championships	Matlock	Nova Cent'n	3
35.56	240	H	22/09/19	Nova Centurion September Sprint Meet 2019	Nottingham	Nova Cent'n	3
36.33	225	F	07/09/19	Bramcote Combined Diddy and BAGCAT Champs 2019	Nottingham	Bramcote	4
41.03	156	H	25/06/17	Northern Junior Open 2017	Nottingham	Bramcote	3
44.29	124	H	15/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2
44.69	121	H	27/08/16	Sheffield City 13th Annual Open Sprints Meet	Sheffield	Bramcote	3
44.72	120	H	26/06/16	Northern Junior Open Meet 2016	Nottingham	Bramcote	3
45.25	116	F	29/11/15	The Bramcote Open 8th Annual Open Meet	Bramcote	Bramcote	3
45.77	112	H	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	Bramcote	3
45.81	112	F	10/07/16	The Tony Holmes Sprint Meet	Hucknall	Bramcote	3
46.35	108	H	10/07/16	The Tony Holmes Sprint Meet	Hucknall	Bramcote	3
49.91	86	F	11/10/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	Bramcote	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.07	439	H	01/04/23	City of Leicester Age Group Meet 2023	Leicester	Radford	3

29.43	424	H	05/03/23	The Dean Ancombe Open Meet 2023	Alfreton	Radford	3
28.89	448	H	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	Radford	2
29.38	426	H	26/03/22	City of Leicester Age Group Meet 2022	Braunstone	Radford	3
29.42	424	H	06/03/22	Radford SC The Dean Ancombe Open Meet 2022	Hucknall	Radford	3
31.68	339	H	08/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC		4
29.58	417	H	01/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC		4
30.50	380	H	20/11/21	Major Oak Open Meet	Mansfield	Radford	3
33.06	299	H	02/11/20	Radford SC	Harvey Haddon	Radford	0
33.89	277	H	07/03/20	The 2020 Leicester Age Group Meet	Braunstone	Radford	3
35.56	240	H	22/09/19	Nova Centurion September Sprint Meet 2019	Nottingham	Nova Cent'n	3
36.33	225	F	07/09/19	Bramcote Combined Diddy and BAGCAT Champs 2019	Nottingham	Bramcote	4
35.31	245	H	15/12/18	Chesterfield Winter Open Championships	Matlock	Nova Cent'n	3
41.03	156	H	25/06/17	Northern Junior Open 2017	Nottingham	Bramcote	3
44.29	124	H	15/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2
44.69	121	H	27/08/16	Sheffield City 13th Annual Open Sprints Meet	Sheffield	Bramcote	3
45.81	112	F	10/07/16	The Tony Holmes Sprint Meet	Hucknall	Bramcote	3
46.35	108	H	10/07/16	The Tony Holmes Sprint Meet	Hucknall	Bramcote	3
44.72	120	H	26/06/16	Northern Junior Open Meet 2016	Nottingham	Bramcote	3
45.77	112	H	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	Bramcote	3
45.25	116	F	29/11/15	The Bramcote Open 8th Annual Open Meet	Bramcote	Bramcote	3
49.91	86	F	11/10/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	Bramcote	4