

Individual Best Times (All Time)

Connor Allen - (1332941) - Wellingborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.10	25.30	514	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Freestyle	57.65	56.20	537	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Freestyle	2:13.20	2:10.60	449	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
400 Freestyle	4:48.82	4:43.90	442	11/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
800 Freestyle	10:20.63	10:11.20	386	21/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230152	1
50 Breaststroke	36.91	36.00	347	28/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
100 Breaststroke	1:26.41	1:24.90	285	30/01/22	Northamptonshire ASA County Championships 2022	Corby	EM220229	1
200 Breaststroke	4:42.64	4:40.80	87	11/02/18	NASA 2018 County Championships	Corby	EM180561	1
50 Butterfly	28.60	27.90	472	29/05/23	AP Race International 2023	London	GBR2046	1
100 Butterfly	1:06.75	1:05.60	406	28/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
50 Backstroke	30.72	30.10	450	28/05/23	AP Race International 2023	London	GBR2046	1
100 Backstroke	1:07.69	1:06.50	442	11/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
200 Backstroke	2:41.14	2:39.10	335	29/01/22	Northamptonshire ASA County Championships 2022	Corby	EM220229	1
200 Individual Medley	2:31.63	2:29.00	424	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.64	26.40	486	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Freestyle	56.64	58.10	496	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Freestyle	2:13.33	2:15.90	413	27/03/22	City of Leicester Age Group Meet 2022	Braunstone	EM220167	3
400 Freestyle	4:38.11	4:43.10	444	03/12/23	Wellingborough Club 400m Freestyle Champs 2023	Wellingborough	EM232510	4
800 Freestyle	10:06.49	10:16.00	390	02/07/22	Putteridge End of Season Summer Short Course Open	Luton	ER220680	3
50 Breaststroke	36.50	37.40	319	17/12/23	Leicester Sharks CSC County Qualifier Meet 2023	Nuneaton	EM231262	3
100 Breaststroke	1:19.62	1:21.20	334	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
200 Breaststroke	3:00.78	3:03.70	293	19/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222465	4
50 Butterfly	28.12	28.80	462	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
100 Butterfly	1:06.31	1:07.40	374	07/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
200 Butterfly	3:57.46	3:58.80	91	23/11/19	Wellingborough Annual & Distance Championships	Wellingborough	EM193178	4
50 Backstroke	30.11	30.80	395	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Backstroke	1:04.07	1:05.30	429	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Backstroke	2:27.46	2:29.70	367	22/10/23	Wellingborough ASC Annual Club Championships 2023	Wellingborough	EM232188	4
200 Individual Medley	2:27.85	2:30.50	407	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
400 Individual Medley	5:50.20	5:55.20	301	20/11/21	Wellingborough ASC Annual Club Championships	Wellingborough	EM211274	4
100 Individual Medley	1:05.50	1:05.50	425	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2