

Individual Best Times (All Time)

Harvey Appleton-Barnes - (1458241) - Dereham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.52	28.80	355	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Freestyle	1:05.43	1:04.10	367	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	2:40.35	2:38.20	257	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
400 Freestyle	6:05.61	6:01.70	218	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich	ER220343	3
50 Breaststroke	39.55	38.70	282	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Breaststroke	1:29.99	1:28.60	252	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Breaststroke	3:37.78	3:35.30	191	26/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1
50 Butterfly	35.33	34.80	250	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Backstroke	39.13	38.60	217	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Individual Medley	3:01.55	2:59.40	247	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.03	30.70	302	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Freestyle	1:05.78	1:07.00	316	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Freestyle	2:40.81	2:43.00	235	11/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
400 Freestyle	6:44.05	6:47.50	144	04/12/21	Dereham & District ASC Roger Virgoe	Dereham	ER211441	4
800 Freestyle	14:21.49	14:28.20	136	02/12/21	Dereham & District ASC Roger Virgoe	Dereham	ER211441	4
50 Breaststroke	37.70	38.50	289	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Breaststroke	1:25.80	1:27.30	267	11/11/23	National Arena Swimming League East Mids R2 2023	Norwich	EM232259	2
200 Breaststroke	3:26.25	3:28.80	197	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3
50 Butterfly	35.24	35.80	235	19/11/23	Dereham & District ASC Annual Sprints 2023	Dereham	ER232066	4
100 Butterfly	1:40.81	1:41.60	106	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4
50 Backstroke	37.14	37.70	210	19/11/23	Dereham & District ASC Annual Sprints 2023	Dereham	ER232066	4
100 Backstroke	1:24.42	1:25.40	187	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3
200 Backstroke	2:46.69	2:48.70	254	06/06/21	Dereham & District	Dereham	LEX1574	0
200 Individual Medley	3:00.23	3:02.40	225	12/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
100 Individual Medley	1:17.07	1:17.10	261	19/11/23	Dereham & District ASC Annual Sprints 2023	Dereham	ER232066	4