Individual Best Times (All Time)

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.91	42.40	163	12/07/08	3rd Learning Disability Mt	Sheffield	NE8294	1
100 Freestyle	1:42.11	1:42.90	119	09/02/08	Harrogate District Champs	Harrogate	NE8160	4
200 Freestyle	3:51.66	3:53.20	107	22/09/13	ASA NER Disability Swimming Championships	Stanley	NE3912	3
400 Freestyle	8:06.78	8:09.70	107	22/09/13	ASA NER Disability Swimming Championships	Stanley	NE3912	3
50 Breaststroke	1:03.81	1:04.30	87	28/02/11	Harrogate Club Championships	Harrogate	NE1109	4
100 Breaststroke	2:34.56	2:35.40	65	29/09/14	Harrogate & District Club Championships	Harrogate	NE14528	4
200 Breaststroke	6:09.02	6:10.50	48	28/09/15	Harrogate District SC Club Championships	Harrogate	NE152047	4
50 Butterfly	46.08	46.50	148	12/07/08	3rd Learning Disability Mt	Sheffield	NE8294	1
100 Butterfly	1:59.29	1:59.90	93	31/03/19	Harrogate Spa Town A&B Grade Meet	Harrogate	NE190472	3
50 Backstroke	49.54	49.90	132	20/04/24	Harrogate Spa Town Meet 2024	Harrogate	NE240418	3
100 Backstroke	1:53.03	1:53.70	114	24/11/12	DSE 25m Championship 2012	Sheffield	DIS091	2
200 Backstroke	4:15.57	4:16.90	100	15/10/18	Harrogate District Club Championships	Harrogate Hydro	NE182320	4
200 Individual Medley	4:35.44	4:36.90	86	17/09/18	Harrogate District Club Championships	Harrogate Hydro	NE182317	4
100 Individual Medley	1:55.27	1:55.30	117	31/10/11	Harrogate Club Championships	Harrogate	NE1659	4