

Individual Best Times (All Time)

Gabriela Allchorne - (1236665) - Rochford & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.00	32.40	366	03/09/22	Chelsea & Westminster Sprint with the Stars 2022	London	LR221339	3
100 Freestyle	1:06.00	1:04.70	480	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:26.44	2:24.00	457	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	5:09.96	5:05.40	437	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	37.10	36.60	285	03/09/22	Chelsea & Westminster Sprint with the Stars 2022	London	LR221339	3
200 Backstroke	2:50.90	2:48.90	374	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.07	31.70	401	17/06/23	Basildon & Phoenix Dave Warriner Sprint Meet 2023	Basildon	ER231037	3
100 Freestyle	1:05.68	1:06.90	447	02/12/23	Rochford and District Open Meet 2023	Clements Hall	ER232196	4
200 Freestyle	2:19.09	2:21.60	498	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
400 Freestyle	4:56.56	5:01.30	474	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
800 Freestyle	10:28.32	10:37.50	438	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
50 Breaststroke	41.51	42.30	319	09/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	ER220937	4
100 Breaststroke	1:51.23	1:52.40	176	15/09/18	Rochford & District SC Club Championships 2018	Hawkwell	ER181882	4
50 Butterfly	35.17	35.70	333	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Butterfly	1:21.72	1:22.60	289	14/10/23	National Arena Swimming League - London 2023	Hatfield	ER231479	3
50 Backstroke	38.53	39.00	281	07/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	ER220936	4
100 Backstroke	1:13.75	1:14.80	412	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Backstroke	2:37.34	2:39.40	431	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Individual Medley	2:40.86	2:43.30	434	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Individual Medley	1:21.10	1:21.10	338	07/07/22	Rochford & District SC Club Championships 2022	Clements Hall LC	ER220936	4