

# Individual Best Times (All Time)

Carys Brealey - (1118543) - Romford Town SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.48	27.70	569	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:00.36	59.00	628	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Freestyle	2:11.86	2:09.20	626	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	4:41.86	4:36.80	582	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Breaststroke	37.70	36.90	462	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Breaststroke	1:25.89	1:24.40	416	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Breaststroke	3:09.56	3:06.70	382	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Butterfly	31.23	30.60	478	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Butterfly	1:15.27	1:14.30	400	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Backstroke	31.09	30.40	644	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Backstroke	1:06.97	1:05.80	627	06/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Backstroke	2:26.23	2:23.90	597	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Individual Medley	2:34.56	2:32.00	543	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.94	28.70	552	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Freestyle	59.31	1:00.70	608	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
200 Freestyle	2:09.43	2:12.10	619	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
400 Freestyle	4:35.61	4:40.70	591	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
800 Freestyle	9:31.60	9:41.60	582	25/11/18	BPSC 1500 800 County & Regional Qualifier 2018	Basildon	ER182598	3
50 Breaststroke	36.82	37.70	457	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Breaststroke	1:17.84	1:19.40	514	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	2:51.77	2:54.80	480	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Butterfly	31.08	31.70	482	22/09/18	Harlow Penguins 50m Sprint Championships	Harlow	ER182154	4
100 Butterfly	1:11.46	1:12.50	432	16/12/18	Hatfield Xmas Meet Meet 2018	Hertfordshire	ER182238	3
200 Butterfly	2:39.04	2:41.00	425	29/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
50 Backstroke	30.80	31.40	550	29/09/19	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER190459	2
100 Backstroke	1:04.59	1:05.80	613	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Backstroke	2:21.23	2:23.60	597	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
200 Individual Medley	2:25.35	2:28.00	589	10/11/18	The NASL - London - Rounds 2018 - Premier Division	Watford	ER182089	2
100 Individual Medley	1:16.88	1:16.90	397	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2