

# Individual Best Times (All Time)

Polly Rayner - (1120639) - Anaconda SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	36.78	35.90	498	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Breaststroke	1:25.35	1:23.90	424	26/03/17	MCASA Open Meet	London	LR170009	1
200 Breaststroke	3:03.30	3:00.40	422	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Butterfly	35.18	34.60	334	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Backstroke	1:26.16	1:25.20	294	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
200 Individual Medley	2:57.93	2:55.70	356	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.11	33.70	332	12/06/16	Barnet Coptall Kate Lack Trophy Meet	London	LR160993	3
100 Freestyle	1:18.19	1:19.30	265	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Freestyle	2:59.54	3:01.50	231	29/11/14	Hackney vs Islington Winter Champs	Hackney	LR14645	4
50 Breaststroke	36.86	37.70	455	04/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
100 Breaststroke	1:23.25	1:24.80	420	10/12/16	NASL London	Lewisham	ER162332	3
200 Breaststroke	3:01.59	3:04.50	406	10/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
50 Butterfly	34.47	35.00	353	03/12/17	Ealing Christmas L3 Open	London	LR170531	3
100 Butterfly	1:24.74	1:25.60	259	09/10/16	MCASA Winter Development Meet	Enfield	LR161660	3
50 Backstroke	37.19	37.70	312	19/11/17	Enfield Swim Squad County Qualifier	Enfield	LR171709	3
100 Backstroke	1:24.66	1:25.60	272	11/10/15	MCASA Winter Development Meet	Enfield	LR151831	3
200 Backstroke	3:03.16	3:05.00	273	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
200 Individual Medley	2:52.97	2:55.20	349	20/11/16	Enfield County Qualifier	Enfield	LR161300	3
100 Individual Medley	1:19.78	1:19.80	355	09/10/16	MCASA Winter Development Meet	Enfield	LR161660	3