

Individual Best Times (All Time)

Carmen Bywater - (1132310) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.33	29.60	471	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
100 Freestyle	1:04.06	1:02.70	525	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:19.79	2:17.30	526	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	4:53.84	4:49.00	514	04/11/17	2017 London Swimming Regional Winter Champs	London	LR172075	1
800 Freestyle	10:48.35	10:39.40	418	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	52.44	51.80	171	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Breaststroke	1:45.03	1:43.80	227	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3
200 Breaststroke	3:47.24	3:44.90	221	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3
50 Butterfly	34.65	34.10	350	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:19.19	1:18.20	343	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	31.76	31.10	604	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Backstroke	1:07.60	1:06.40	609	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
200 Backstroke	2:33.57	2:31.40	515	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
200 Individual Medley	2:53.65	2:51.40	383	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.94	29.70	497	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
100 Freestyle	1:01.76	1:03.10	538	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
200 Freestyle	2:17.81	2:20.30	512	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
400 Freestyle	4:47.95	4:52.80	518	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
800 Freestyle	10:08.92	10:18.30	481	02/12/17	BPSC 800 & 1500 County & Regional Qualifier	Basildon	ER172325	3
50 Breaststroke	45.84	46.50	237	28/06/18	Colchester 5th Midsummer Madness Open Meet	Colchester	ER180501	3
100 Breaststroke	1:36.70	1:38.00	268	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	LR170398	3
200 Breaststroke	4:33.07	4:35.00	119	21/04/13	London Borough of Redbridge Regional Meet	Barking	LR3016	3
50 Butterfly	34.17	34.70	363	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
100 Butterfly	1:15.06	1:16.10	373	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	LR170398	3
200 Butterfly	2:55.49	2:57.30	316	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
50 Backstroke	31.79	32.40	501	29/09/18	Romford Town 8th David Jacobs Memorial Gala	Romford	LR181739	3
100 Backstroke	1:08.10	1:09.30	523	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Backstroke	2:28.32	2:30.60	515	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Individual Medley	2:42.24	2:44.70	423	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
400 Individual Medley	5:44.40	5:49.50	425	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	LR170398	3
100 Individual Medley	1:20.08	1:20.10	351	19/11/16	Hastings Santa Chaser Open Meet	Hastings	SE161498	2