

Individual Best Times (All Time)

Molly White - (1138451) - Stanway SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.66	34.10	316	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:18.28	1:17.20	288	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Breaststroke	43.69	43.00	297	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:38.09	1:36.80	279	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
200 Breaststroke	3:41.67	3:39.30	238	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Butterfly	37.67	37.20	272	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:35.13	1:34.30	198	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Backstroke	39.35	38.80	318	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
100 Backstroke	1:23.17	1:22.20	327	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
200 Backstroke	3:03.45	3:01.60	302	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
200 Individual Medley	3:19.58	3:17.60	252	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.40	34.00	323	24/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
100 Freestyle	1:12.87	1:14.00	327	01/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
200 Freestyle	2:39.74	2:41.90	329	21/10/17	BPSC Sprint Event 2017	Basildon	ER172348	3
400 Freestyle	5:40.69	5:44.80	312	03/04/16	Sudbury & District Spring Two Day Open Meet	Sudbury	ER160862	3
800 Freestyle	12:12.95	12:20.80	276	11/10/15	Colchester SC Club Championships 2015	Colchester	ER151709	4
50 Breaststroke	41.50	42.30	319	28/10/18	BPSC Halloween County Qualifier 2018	Basildon	ER181383	3
100 Breaststroke	1:32.83	1:34.20	303	10/09/17	Felixstowe Waves September Season Opener 2017	Felixstowe	ER170748	3
200 Breaststroke	3:18.97	3:21.60	309	02/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
50 Butterfly	35.70	36.20	318	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
100 Butterfly	1:24.92	1:25.80	257	18/06/17	4th Midsummer Madness Open Meet	Colchester	ER171100	3
200 Butterfly	3:16.33	3:17.90	226	01/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
50 Backstroke	37.82	38.30	297	21/10/17	BPSC Sprint Event 2017	Basildon	ER172348	3
100 Backstroke	1:21.22	1:22.20	308	21/11/15	Deben SC Open Meet 2015	Woodbridge	ER152016	3
200 Backstroke	2:52.16	2:54.10	329	11/03/17	BPSC Spring Time Trial Event 2017	Basildon	ER170019	3
200 Individual Medley	2:59.47	3:01.70	313	11/03/17	BPSC Spring Time Trial Event 2017	Basildon	ER170019	3
400 Individual Medley	6:22.22	6:26.80	310	02/04/16	Sudbury & District Spring Two Day Open Meet	Sudbury	ER160862	3
100 Individual Medley	1:23.03	1:23.00	315	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3