

Individual Best Times (All Time)

Bryony Edgings - (1140722) - Thurrock Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.92	28.20	544	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:03.07	1:01.70	551	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Freestyle	2:16.69	2:14.10	562	20/04/19	Beckenham Easter International Open 2019	London	LR190200	1
400 Freestyle	4:50.57	4:45.70	531	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
800 Freestyle	9:55.46	9:45.70	539	14/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
1500 Freestyle	19:03.50	18:45.30	521	28/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Breaststroke	38.59	37.80	431	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Breaststroke	1:28.13	1:26.70	385	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Breaststroke	3:07.24	3:04.40	396	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Butterfly	32.16	31.60	438	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Butterfly	1:10.96	1:09.90	477	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Butterfly	2:41.04	2:39.10	432	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
50 Backstroke	34.13	33.50	487	11/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
100 Backstroke	1:12.35	1:11.20	497	01/05/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Backstroke	2:37.63	2:35.50	476	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Individual Medley	2:39.16	2:36.70	497	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
400 Individual Medley	5:31.01	5:25.70	518	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.57	29.30	516	06/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	ER190363	3
100 Freestyle	1:01.40	1:02.70	548	01/03/20	Thurrock Regional Qualifying Meet 2020	Grays	ER200012	3
200 Freestyle	2:11.65	2:14.30	588	29/02/20	Thurrock Regional Qualifying Meet 2020	Grays	ER200012	3
400 Freestyle	4:41.95	4:46.90	552	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
800 Freestyle	9:40.44	9:50.30	556	09/11/19	Thurrock Distance Invitation Meet	Thurrock	ER190523	3
1500 Freestyle	18:35.47	18:53.80	539	18/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Breaststroke	39.62	40.40	367	06/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	ER190363	3
100 Breaststroke	1:23.60	1:25.10	415	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	2:55.95	2:58.90	447	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Butterfly	31.96	32.50	443	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Butterfly	1:10.20	1:11.30	456	15/06/19	Thurrock Summer Sprint Meet 2018	Grays	ER190110	3
200 Butterfly	2:38.13	2:40.10	432	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
50 Backstroke	32.92	33.50	451	06/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	ER190363	3
100 Backstroke	1:08.68	1:09.80	510	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Backstroke	2:27.41	2:29.70	525	29/02/20	Thurrock Regional Qualifying Meet 2020	Grays	ER200012	3
200 Individual Medley	2:30.52	2:33.10	530	29/02/20	Thurrock Regional Qualifying Meet 2020	Grays	ER200012	3
400 Individual Medley	5:24.45	5:29.80	508	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Individual Medley	1:25.10	1:25.10	292	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3