

Individual Best Times (All Time)

Annabel Carr - (1156021) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.70	31.00	413	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:20.30	1:19.20	267	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Breaststroke	49.47	48.80	204	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Breaststroke	1:47.58	1:46.40	211	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Butterfly	35.69	35.20	320	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
50 Backstroke	36.68	36.10	392	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:20.44	1:19.40	362	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:48.14	2:46.10	392	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.68	31.40	417	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
100 Freestyle	1:08.75	1:10.00	390	10/10/17	Epping Forest Internal Club Champs	Loughton	ER172206	4
200 Freestyle	2:37.97	2:40.20	340	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
400 Freestyle	5:19.34	5:23.70	379	22/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
50 Breaststroke	45.15	45.80	248	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	ER171107	4
100 Breaststroke	1:44.41	1:45.60	213	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
200 Breaststroke	3:41.82	3:44.20	223	29/11/15	Epping Forest District SC	Loughton	ER151117	4
50 Butterfly	34.20	34.80	362	24/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
100 Butterfly	1:21.24	1:22.20	294	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
50 Backstroke	35.47	36.00	360	17/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
100 Backstroke	1:16.15	1:17.20	374	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Backstroke	2:44.01	2:46.00	381	24/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Individual Medley	2:52.65	2:54.90	351	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	ER171252	3
400 Individual Medley	6:26.38	6:30.90	300	02/12/15	Epping Forest District Club Championships	Loughton	ER151121	4
100 Individual Medley	1:18.07	1:18.10	379	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4