

Individual Best Times (All Time)

Phoebe Brennan - (1161443) - Thurrock Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.23	30.60	432	15/07/17	RTSC End of Season Meet 2017	London	LR170651	3
100 Freestyle	1:06.84	1:05.60	463	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Freestyle	2:22.53	2:20.10	496	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
400 Freestyle	5:00.21	4:55.50	481	27/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
800 Freestyle	10:22.08	10:12.70	473	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	40.73	39.90	366	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
100 Breaststroke	1:27.42	1:26.00	394	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
200 Breaststroke	3:02.87	3:00.00	425	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Butterfly	34.27	33.70	362	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:18.24	1:17.30	356	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	35.34	34.80	439	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:15.76	1:14.70	433	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Backstroke	2:41.20	2:39.10	445	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Individual Medley	2:41.77	2:39.30	473	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
400 Individual Medley	5:41.16	5:36.00	473	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.95	31.60	406	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
100 Freestyle	1:06.12	1:07.40	438	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Freestyle	2:20.88	2:23.30	480	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
400 Freestyle	4:51.11	4:55.90	501	01/04/17	Thurrock Essex & Regional Qualifier	Thurrock	ER170046	3
800 Freestyle	10:00.74	10:10.30	501	11/11/17	Thurrock Distance Invitation Meet	Grays	ER170421	4
50 Breaststroke	39.19	40.00	379	16/06/18	Thurrock Summer Sprint Meet	Thurrock	ER180061	3
100 Breaststroke	1:23.82	1:25.30	411	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	2:55.96	2:58.90	447	10/12/17	Thurrock Last Chance County Qualifier	Thurrock	ER170508	3
50 Butterfly	34.37	34.90	356	16/06/18	Thurrock Summer Sprint Meet	Thurrock	ER180061	3
100 Butterfly	1:16.42	1:17.40	353	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
50 Backstroke	33.45	34.00	430	11/03/18	BPSC Spring Regional Qualifier 2018	Basildon	ER180212	3
100 Backstroke	1:12.76	1:13.90	429	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
200 Backstroke	2:33.03	2:35.20	469	11/03/18	BPSC Spring Regional Qualifier 2018	Basildon	ER180212	3
200 Individual Medley	2:36.38	2:38.90	473	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
400 Individual Medley	5:32.15	5:37.40	473	10/12/17	Thurrock Last Chance County Qualifier	Thurrock	ER170508	3
100 Individual Medley	1:24.94	1:24.90	294	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3