

Individual Best Times (All Time)

Tilly Nelson - (1164838) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.74	32.10	375	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:16.08	1:15.00	313	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Breaststroke	50.57	49.90	191	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3
50 Butterfly	34.37	33.80	359	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Butterfly	1:34.88	1:34.10	199	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Backstroke	37.19	36.60	376	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:25.06	1:24.10	306	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.06	32.70	365	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
100 Freestyle	1:09.20	1:10.40	382	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
200 Freestyle	2:40.97	2:43.10	321	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
400 Freestyle	5:31.23	5:35.40	340	22/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
800 Freestyle	11:35.03	11:43.30	324	28/11/17	Epping Forest Internal Club Champs	Loughton	ER172208	4
50 Breaststroke	43.53	44.20	276	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
100 Breaststroke	1:35.86	1:37.20	275	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4
200 Breaststroke	3:40.55	3:42.90	227	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
50 Butterfly	34.23	34.80	361	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
100 Butterfly	1:17.83	1:18.80	334	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
200 Butterfly	3:00.01	3:01.80	293	15/09/19	EFDSC Club Champs 2019	Loughton	ER191845	4
50 Backstroke	36.72	37.30	325	23/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Backstroke	1:19.47	1:20.50	329	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
200 Backstroke	2:53.06	2:55.00	324	23/09/18	Epping Forest District Season Opener Gala 2018	Loughton	ER181167	3
200 Individual Medley	2:55.25	2:57.50	336	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
400 Individual Medley	6:44.39	6:48.70	262	06/07/16	Epping Forest Club Championships	Loughton	ER161334	4
100 Individual Medley	1:19.46	1:19.50	359	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4