

Individual Best Times (All Time)

Anya Ladbury - (1174973) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.23	31.60	393	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
200 Freestyle	2:32.06	2:29.80	408	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Breaststroke	42.55	41.80	321	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Backstroke	37.21	36.70	376	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.41	32.10	389	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Freestyle	1:08.31	1:09.50	398	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Freestyle	2:25.81	2:28.20	432	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
400 Freestyle	5:11.80	5:16.30	408	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4
800 Freestyle	10:49.75	10:58.60	396	25/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181659	4
50 Breaststroke	41.65	42.40	316	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
100 Breaststroke	1:30.91	1:32.30	322	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Breaststroke	3:16.32	3:19.00	322	30/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181656	4
50 Butterfly	38.12	38.60	261	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
50 Backstroke	37.52	38.10	304	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
100 Backstroke	1:21.27	1:22.30	308	30/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181656	4
200 Backstroke	2:51.68	2:53.60	332	14/07/19	EFDSC Club Champs 2019	Loughton	ER191844	4
200 Individual Medley	2:57.29	2:59.50	324	11/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181658	4
100 Individual Medley	1:24.26	1:24.30	301	13/10/19	EFDSC Club Champs 2019	Loughton	ER191846	4