

Individual Best Times (All Time)

Kirsty Flowers - (1195471) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.03	29.30	485	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:06.15	1:04.90	477	02/02/20	Essex Age Group Championships 2020	Basildon	ER200177	1
200 Freestyle	2:22.67	2:20.20	494	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	5:07.55	5:02.90	448	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
50 Breaststroke	53.52	52.90	161	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Butterfly	41.43	41.00	205	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Backstroke	35.15	34.60	446	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:15.43	1:14.40	439	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Backstroke	2:41.64	2:39.60	442	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.81	30.50	455	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
100 Freestyle	1:04.99	1:06.30	462	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Freestyle	2:20.32	2:22.80	485	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
400 Freestyle	4:55.53	5:00.20	479	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4
800 Freestyle	11:29.31	11:37.70	332	07/12/16	Epping Forest Club Championships	Loughton	ER161341	4
50 Breaststroke	43.99	44.70	268	17/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
100 Breaststroke	1:31.69	1:33.10	314	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4
200 Breaststroke	3:14.87	3:17.60	329	30/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181656	4
50 Butterfly	36.36	36.90	301	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Butterfly	1:36.01	1:36.80	178	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
50 Backstroke	34.40	35.00	395	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
100 Backstroke	1:13.27	1:14.40	420	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Backstroke	2:34.75	2:36.90	454	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Individual Medley	2:44.92	2:47.30	403	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
400 Individual Medley	6:43.09	6:47.40	265	06/07/16	Epping Forest Club Championships	Loughton	ER161334	4
100 Individual Medley	1:17.37	1:17.40	389	13/10/19	EFDCS Club Champs 2019	Loughton	ER191846	4