

# Individual Best Times (All Time)

Elizabeth Scrutton - (1195479) - Epping Forest Dist SC

## Long Course

| Stroke          | LC Time | Converted to SC | LC WA Pts | Date     | Meet                               | Venue    | Licence  | Level |
|-----------------|---------|-----------------|-----------|----------|------------------------------------|----------|----------|-------|
| 50 Freestyle    | 30.05   | 29.30           | 485       | 03/02/18 | Essex Age Group Championships 2018 | London   | ER180155 | 1     |
| 100 Freestyle   | 1:08.05 | 1:06.80         | 438       | 17/02/18 | Essex Age Group Championships 2018 | Basildon | ER180157 | 1     |
| 50 Breaststroke | 44.13   | 43.40           | 288       | 04/02/17 | Essex Age Group Championships      | London   | ER170023 | 1     |
| 50 Butterfly    | 34.70   | 34.10           | 348       | 03/02/18 | Essex Age Group Championships 2018 | London   | ER180155 | 1     |
| 50 Backstroke   | 39.68   | 39.20           | 310       | 04/02/17 | Essex Age Group Championships      | London   | ER170023 | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue    | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|----------|----------|-------|
| 50 Freestyle          | 29.82   | 30.50           | 454       | 24/09/17 | Epping Forest District Season Opener Gala 2017 | Loughton | ER171252 | 3     |
| 100 Freestyle         | 1:07.10 | 1:08.30         | 419       | 10/10/17 | Epping Forest Internal Club Champs             | Loughton | ER172206 | 4     |
| 200 Freestyle         | 2:34.73 | 2:37.00         | 362       | 13/11/16 | Epping Forest Club Championships               | Loughton | ER161337 | 4     |
| 400 Freestyle         | 5:30.22 | 5:34.50         | 343       | 22/11/17 | Epping Forest Internal Club Champs             | Loughton | ER172207 | 4     |
| 50 Breaststroke       | 44.72   | 45.40           | 255       | 11/06/17 | Epping Forest Three Trees Gala (club only)     | Loughton | ER171107 | 4     |
| 100 Breaststroke      | 1:36.71 | 1:38.00         | 268       | 06/11/16 | Epping Forest Club Championships               | Loughton | ER161338 | 4     |
| 200 Breaststroke      | 3:31.53 | 3:34.00         | 257       | 11/12/16 | Epping Forest Club Championships               | Loughton | ER161339 | 4     |
| 50 Butterfly          | 36.42   | 36.90           | 299       | 24/09/17 | Epping Forest District Season Opener Gala 2017 | Loughton | ER171252 | 3     |
| 100 Butterfly         | 1:21.69 | 1:22.60         | 289       | 24/09/17 | Epping Forest District Season Opener Gala 2017 | Loughton | ER171252 | 3     |
| 200 Butterfly         | 3:24.38 | 3:25.90         | 200       | 13/07/16 | Epping Forest Club Championships               | Loughton | ER161334 | 4     |
| 50 Backstroke         | 39.63   | 40.10           | 258       | 19/06/16 | Epping Forest Club Championships               | Loughton | ER161332 | 4     |
| 100 Backstroke        | 1:23.17 | 1:24.10         | 287       | 11/12/16 | Epping Forest Club Championships               | Loughton | ER161339 | 4     |
| 200 Backstroke        | 2:58.52 | 3:00.40         | 295       | 10/10/17 | Epping Forest Internal Club Champs             | Loughton | ER172206 | 4     |
| 200 Individual Medley | 3:04.00 | 3:06.10         | 290       | 18/09/16 | Epping Forest District Season Opener 2016      | Loughton | ER161459 | 3     |
| 400 Individual Medley | 6:31.05 | 6:35.50         | 290       | 02/12/15 | Epping Forest District Club Championships      | Loughton | ER151121 | 4     |
| 100 Individual Medley | 1:25.01 | 1:25.00         | 293       | 18/09/16 | Epping Forest District Season Opener 2016      | Loughton | ER161459 | 3     |