

Individual Best Times (All Time)

Teah Gregory - (1299036) - Stevenage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.56	29.90	461	04/03/23	Harpenden SC FINIS Frantic 50s 2023	Luton	ER230255	3
50 Breaststroke	46.41	45.70	248	23/04/22	Harpenden SC FINIS Frantic 50s	Luton	ER220602	3
50 Butterfly	31.28	30.70	476	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Butterfly	1:12.33	1:11.30	451	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
50 Backstroke	33.66	33.10	508	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.76	29.50	506	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Freestyle	1:02.40	1:03.70	522	27/04/24	Stevenage Swimming Club Development Meet 2024	Stevenage	ER240676	3
200 Freestyle	2:25.81	2:28.20	432	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
400 Freestyle	5:44.00	5:48.10	303	26/11/21	Stevenage Swimming Club Championships	Stevenage	ER210963	4
50 Breaststroke	41.94	42.70	309	01/10/23	Stevenage Swimming Club Champs 2023	Stevenage	ER231734	4
100 Breaststroke	1:57.53	1:58.60	149	06/10/19	SSC Club Championships	Stevenage	ER192336	4
50 Butterfly	30.06	30.70	533	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Butterfly	1:09.66	1:10.70	467	17/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
200 Butterfly	2:57.90	2:59.70	303	07/10/23	Harpenden SC FINIS Bryan Thompson Legacy Meet 23	Westminster Lodge	ER230756	3
50 Backstroke	32.63	33.20	463	17/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
100 Backstroke	1:12.85	1:13.90	427	21/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Backstroke	2:41.28	2:43.30	401	02/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	LR221332	3
200 Individual Medley	2:52.18	2:54.50	354	20/11/22	Hitchin SC Open Meet 2022	Borehamwood	ER220989	3
400 Individual Medley	6:33.19	6:37.60	285	26/11/21	Stevenage Swimming Club Championships	Stevenage	ER210963	4
100 Individual Medley	1:12.07	1:12.10	482	27/04/24	Stevenage Swimming Club Development Meet 2024	Stevenage	ER240676	3