

Individual Best Times (All Time)

Chloe Staines - (1325955) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.36	30.70	426	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
50 Breaststroke	41.75	41.00	340	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
50 Backstroke	34.85	34.30	457	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:14.64	1:13.60	453	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
200 Backstroke	2:38.67	2:36.60	467	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.89	30.60	451	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
100 Freestyle	1:06.68	1:07.90	427	27/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
200 Freestyle	2:21.57	2:24.00	473	30/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
400 Freestyle	5:01.86	5:06.50	449	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
800 Freestyle	10:21.04	10:30.30	454	28/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
1500 Freestyle	20:37.94	20:54.50	394	30/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210556	4
50 Breaststroke	41.06	41.80	329	25/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210553	4
100 Breaststroke	1:26.91	1:28.40	369	25/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210553	4
200 Breaststroke	3:08.53	3:11.30	363	28/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210555	4
50 Butterfly	39.10	39.60	242	08/06/21	Chelmsford City	Riverside Ice	LEX1628	0
50 Backstroke	33.29	33.90	436	26/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Backstroke	1:10.85	1:12.00	465	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	LR220539	3
200 Backstroke	2:31.36	2:33.50	485	16/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	LR220539	3
200 Individual Medley	2:46.10	2:48.50	394	26/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210554	4
100 Individual Medley	1:17.86	1:17.90	382	28/09/21	Chelmsford City Swimming Club Championships 2021	Chelmsford	ER210555	4