

Individual Best Times (All Time)

Kesia Crees - (1332547) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.35	28.60	520	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Freestyle	1:07.11	1:05.90	457	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	2:26.70	2:24.30	455	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
400 Freestyle	4:57.43	4:52.70	495	11/03/23	72nd ESSA National Inter-Divisional Championships	Coventry	WM230386	1
1500 Freestyle	22:21.22	22:05.70	323	28/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Breaststroke	35.91	35.00	535	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Breaststroke	1:15.13	1:13.40	621	05/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
200 Breaststroke	2:41.83	2:38.50	614	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Butterfly	32.32	31.70	431	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Butterfly	1:14.47	1:13.40	413	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Butterfly	2:42.13	2:40.20	424	13/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1
50 Backstroke	44.84	44.40	214	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:35.49	1:34.60	216	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Individual Medley	2:37.54	2:35.00	513	19/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
400 Individual Medley	5:32.96	5:27.60	509	12/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.32	30.00	478	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:02.40	1:03.70	522	27/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
200 Freestyle	2:18.42	2:20.90	506	30/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
400 Freestyle	4:50.24	4:55.00	506	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	ER220413	3
800 Freestyle	10:01.98	10:11.50	498	19/11/22	Basildon & Phoenix 800/1500 County/Reg Qualifier	Basildon	ER222078	3
1500 Freestyle	21:25.59	21:41.60	352	30/11/19	BPSC Boys,Girls 800,1500 County,Regional Qualifier	Basildon	ER192638	3
50 Breaststroke	34.17	35.10	572	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Breaststroke	1:15.79	1:17.40	557	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
200 Breaststroke	2:45.17	2:48.30	540	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
50 Butterfly	32.43	33.00	424	04/12/22	Basildon & Phoenix SC Last Chance County Qualifier	Basildon	ER222354	3
100 Butterfly	1:09.19	1:10.30	476	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
200 Butterfly	2:34.82	2:36.80	461	23/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220049	2
50 Backstroke	35.34	35.90	364	27/06/21	BPSC Club Championships 2021	Basildon	ER210167	4
100 Backstroke	1:28.70	1:29.60	236	16/12/18	BPSC Last Chance County Qualifier 2018	Basildon	ER181385	3
200 Backstroke	2:39.96	2:42.00	411	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	ER220413	3
200 Individual Medley	2:35.20	2:37.70	484	17/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
400 Individual Medley	5:26.66	5:32.00	498	23/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220049	2
100 Individual Medley	1:41.06	1:41.10	174	10/03/18	BPSC Spring Regional Qualifier 2018	Basildon	ER180212	3