

# Individual Best Times (All Time)

Lois Mason - (1340993) - Rochford & District SC

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue               | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|---------------------|----------|-------|
| 50 Freestyle          | 30.47   | 31.10           | 426       | 19/11/23 | Swim England Essex Winter Championships 2023   | Basildon            | ER231482 | 2     |
| 100 Freestyle         | 1:07.65 | 1:08.90         | 409       | 02/04/23 | Basildon & Phoenix SC Easter Meet 2023         | Basildon            | ER230462 | 3     |
| 200 Freestyle         | 2:29.13 | 2:31.40         | 404       | 18/05/24 | Basildon & Phoenix Spring SC Meet 2024         | Basildon            | ER240790 | 3     |
| 50 Butterfly          | 36.16   | 36.70           | 306       | 02/09/23 | Halstead SC Annual Open Meet 2023              | Braintree           | ER232095 | 3     |
| 50 Backstroke         | 35.75   | 36.30           | 352       | 06/04/24 | Basildon & Phoenix Easter Meet 2024            | Basildon            | ER240561 | 3     |
| 100 Backstroke        | 1:18.73 | 1:19.70         | 338       | 02/10/22 | Romford Town SC Autumn Season Opener Meet 2022 | Essex               | LR221332 | 3     |
| 200 Backstroke        | 3:07.37 | 3:09.10         | 255       | 18/09/21 | Rochford & District SC Club Championships 2021 | Clements Hall       | ER210435 | 4     |
| 200 Individual Medley | 3:05.70 | 3:07.80         | 282       | 16/04/22 | Colchester SC Last Chance Regional Qualifier   | Braintree           | ER220509 | 3     |
| 100 Individual Medley | 1:23.26 | 1:23.30         | 312       | 07/07/22 | Rochford & District SC Club Championships 2022 | Clements Hall<br>LC | ER220936 | 4     |