

# Individual Best Times (All Time)

Menna Beegan - (1351822) - Harwich Dovercourt/Parkeston SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	39.72	39.20	309	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
200 Backstroke	2:56.52	2:54.60	339	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.74	32.40	377	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Freestyle	1:09.37	1:10.60	380	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Freestyle	2:32.06	2:34.30	381	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
400 Freestyle	6:43.94	6:47.40	187	18/07/21	Harwich Swimming Club	Dovercourt Swimming	LEX3688	0
50 Breaststroke	42.18	42.90	304	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Breaststroke	1:34.21	1:35.50	290	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
200 Breaststroke	3:25.09	3:27.70	282	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Butterfly	38.55	39.00	252	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	ER230217	3
100 Butterfly	1:28.82	1:29.70	225	07/10/23	Harwich Swimming Club Championships 2023	Dovercourt SP	ER231903	4
200 Butterfly	3:23.87	3:25.40	201	28/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Backstroke	35.94	36.50	346	10/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4
100 Backstroke	1:17.89	1:18.90	349	25/11/23	Colchester 2023 Last Chance County Qualifier Meet	Braintree	ER231564	3
200 Backstroke	2:46.30	2:48.30	365	25/11/23	Colchester 2023 Last Chance County Qualifier Meet	Braintree	ER231564	3
200 Individual Medley	2:52.69	2:55.00	351	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Individual Medley	1:21.15	1:21.20	337	08/10/23	Harwich Swimming Club Championships 2023	Dovercourt SP	ER231903	4