

Individual Best Times (All Time)

Jessica Perkins - (1390288) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.36	27.60	576	14/05/23	SE South East Region Summer Championships 2023	Winchester	SE230800	1
100 Freestyle	1:00.71	59.30	617	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Freestyle	2:14.76	2:12.20	587	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
400 Freestyle	4:57.99	4:53.20	492	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
50 Breaststroke	36.33	35.50	517	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:24.33	1:22.80	439	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
200 Breaststroke	2:58.26	2:55.30	459	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	32.02	31.40	444	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Butterfly	1:14.53	1:13.50	412	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Backstroke	32.88	32.30	545	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Backstroke	1:12.06	1:10.90	503	11/02/24	Kent County Championships 2024	Stratford	LR240210	1
200 Backstroke	2:37.09	2:35.00	481	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Individual Medley	2:40.48	2:38.00	485	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
400 Individual Medley	6:03.91	5:59.00	389	12/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.86	28.60	557	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Freestyle	1:00.18	1:01.60	582	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
200 Freestyle	2:14.32	2:16.90	553	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	4:48.44	4:53.30	515	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	10:09.58	10:19.00	480	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	36.60	37.40	465	02/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
100 Breaststroke	1:17.49	1:19.10	521	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
200 Breaststroke	2:57.68	3:00.60	434	01/10/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
50 Butterfly	31.77	32.40	451	12/01/24	Herne Bay L&SC 50m Sprints Time Trials 2024	Herne Bay	SE240223	4
100 Butterfly	1:15.20	1:16.20	371	10/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240353	4
200 Butterfly	2:46.76	2:48.60	369	07/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240352	4
50 Backstroke	31.61	32.20	509	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
100 Backstroke	1:08.79	1:09.90	508	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
200 Backstroke	2:34.16	2:36.30	459	29/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
200 Individual Medley	2:34.87	2:37.40	487	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
400 Individual Medley	5:32.81	5:38.10	470	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:10.44	1:10.40	516	15/07/23	Thanet SC John White Speedo Sprints 2023	Hartsdown LC	SE231229	3