

Individual Best Times (All Time)

Arwen Young - (1402295) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.56	30.90	418	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Freestyle	1:10.01	1:08.80	402	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
200 Freestyle	2:35.22	2:33.00	384	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Butterfly	36.22	35.70	306	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
50 Backstroke	38.42	37.90	341	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Backstroke	1:20.17	1:19.20	365	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
200 Backstroke	2:47.69	2:45.70	395	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.35	32.00	391	12/01/24	Herne Bay L&SC 50m Sprints Time Trials 2024	Herne Bay	SE240223	4
100 Freestyle	1:08.88	1:10.10	388	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Freestyle	2:25.95	2:28.30	431	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	5:21.50	5:25.80	372	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	10:59.04	11:07.80	380	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	43.50	44.20	277	30/09/23	Dover Life Guard Club White Cliffs Gala 2023	Dover	SE231548	3
100 Breaststroke	1:32.65	1:34.00	304	30/06/23	Herne Bay LG & SC Club Championships 2023	Herne Bay	SE230145	4
200 Breaststroke	4:13.41	4:15.50	149	01/07/19	Herne Bay Lifeguard Club Champs 2019	Herne Bay	SE191722	4
50 Butterfly	36.16	36.70	306	12/01/24	Herne Bay L&SC 50m Sprints Time Trials 2024	Herne Bay	SE240223	4
100 Butterfly	1:24.59	1:25.50	260	29/10/23	East Invicta ASA 2023 Championships	Dover	SE231503	2
200 Butterfly	3:08.71	3:10.40	254	07/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240352	4
50 Backstroke	36.44	37.00	332	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Backstroke	1:15.59	1:16.60	382	21/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240354	4
200 Backstroke	2:39.67	2:41.70	413	24/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240355	4
200 Individual Medley	2:49.43	2:51.70	372	23/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240350	4
400 Individual Medley	6:01.29	6:06.10	368	01/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240347	4
100 Individual Medley	1:19.10	1:19.10	364	21/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240354	4