

# Individual Best Times (All Time)

Poppy Jeffery - (1403955) - Killerwhales SC (Havering)

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.56	28.80	509	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Freestyle	1:02.71	1:01.40	560	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
200 Freestyle	2:14.64	2:12.00	588	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
400 Freestyle	4:37.54	4:32.40	610	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
800 Freestyle	9:42.53	9:32.50	576	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
1500 Freestyle	18:19.08	18:00.20	587	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
50 Breaststroke	43.76	43.00	295	18/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
100 Breaststroke	1:34.67	1:33.30	310	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
100 Butterfly	1:25.93	1:25.00	269	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
50 Backstroke	39.04	38.50	325	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
100 Backstroke	1:22.06	1:21.10	340	03/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3
200 Backstroke	2:43.31	2:41.30	428	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	28.58	29.30	516	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:02.11	1:03.40	529	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Freestyle	2:12.77	2:15.40	573	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
400 Freestyle	4:39.13	4:44.10	568	12/11/22	Killerwhales SC Autumn Tri Club Gala 2022	Hornchurch	LR222282	4
800 Freestyle	9:25.34	9:35.50	602	19/11/22	Basildon & Phoenix 800/1500 County/Reg Qualifier	Basildon	ER222078	3
1500 Freestyle	17:56.11	18:15.10	601	26/11/22	Basildon & Phoenix 800/1500 County/Reg Qualifier	Basildon	ER222079	3
50 Breaststroke	40.34	41.10	347	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Breaststroke	1:29.24	1:30.60	341	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4
200 Breaststroke	3:14.07	3:16.80	333	17/07/22	Colchester Summer Spectacular Development Meet	Braintree	ER220730	3
50 Butterfly	34.48	35.00	353	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Butterfly	1:26.14	1:27.00	247	16/10/22	Essex Winter Championships 2022	Basildon	ER221475	2
200 Butterfly	2:51.09	2:52.90	341	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4
50 Backstroke	36.75	37.30	324	03/12/22	Basildon & Phoenix SC Last Chance County Qualifier	Basildon	ER222354	3
100 Backstroke	1:15.92	1:17.00	377	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Backstroke	2:39.85	2:41.90	411	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Individual Medley	2:40.63	2:43.10	436	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
400 Individual Medley	5:47.87	5:52.90	412	06/07/22	KWSC Long Distance Club Champs 2022	Romford	LR221422	4
100 Individual Medley	1:17.92	1:17.90	381	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4