

# Individual Best Times (All Time)

Poppy Tilley - (1413417) - Harwich Dovercourt/Parkeston SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.27	33.90	327	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Freestyle	1:18.13	1:19.20	266	11/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4
200 Freestyle	2:39.59	2:41.80	330	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Breaststroke	47.68	48.30	210	10/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4
100 Breaststroke	1:45.91	1:47.10	204	08/10/23	Harwich Swimming Club Championships 2023	Dovercourt SP	ER231903	4
200 Breaststroke	3:29.56	3:32.10	264	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Butterfly	42.41	42.90	189	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
200 Butterfly	3:37.48	3:38.90	166	28/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Backstroke	41.53	42.00	224	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
100 Backstroke	1:25.82	1:26.80	261	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
200 Backstroke	3:02.72	3:04.50	275	14/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232420	4
200 Individual Medley	3:09.00	3:11.10	268	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
100 Individual Medley	1:31.42	1:31.40	236	10/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4