

Individual Best Times (All Time)

Lily Mae Ware - (1428231) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.24	29.50	475	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Freestyle	1:08.27	1:07.00	434	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	38.38	37.60	438	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:26.03	1:24.60	414	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Breaststroke	3:14.51	3:11.80	353	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
50 Butterfly	31.97	31.40	446	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Butterfly	1:14.82	1:13.80	407	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Backstroke	35.06	34.50	449	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:18.39	1:17.40	391	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Individual Medley	2:44.79	2:42.40	448	24/02/24	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	29.87	30.60	452	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:05.95	1:07.20	442	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Freestyle	2:33.52	2:35.80	370	23/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3
50 Breaststroke	39.09	39.90	382	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Breaststroke	1:23.71	1:25.20	413	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:03.01	3:05.90	397	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	32.77	33.30	411	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Butterfly	1:14.09	1:15.10	388	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Butterfly	3:05.29	3:07.00	268	21/05/23	Basildon & Phoenix Spring SC Meet 2023	Basildon	ER230820	3
50 Backstroke	34.79	35.40	382	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Backstroke	1:15.38	1:16.40	386	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Individual Medley	2:44.08	2:46.50	409	12/03/23	Basildon & Phoenix Spring Regional Qualifier 2023	Basildon	ER230399	3
400 Individual Medley	6:03.46	6:08.30	361	23/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3
100 Individual Medley	1:19.36	1:19.40	361	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3