

Individual Best Times (All Time)

Carys Westgarth - (1435946) - Colchester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.26	42.80	162	20/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3
100 Freestyle	1:37.49	1:36.60	149	20/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3
50 Butterfly	46.94	46.50	140	20/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3
50 Backstroke	42.43	42.00	253	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Backstroke	1:41.73	1:40.90	178	21/07/19	BPSC End Of Season Meet 2019	Basildon	ER190187	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.69	32.30	378	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Freestyle	1:31.00	1:31.90	168	14/06/21	Colchester	Colchester	LEX2201	0
50 Breaststroke	54.19	54.80	143	14/06/21	Colchester	Colchester	LEX2201	0
100 Breaststroke	1:58.59	1:59.70	145	07/06/21	Colchester	Colchester	LEX1641	0
50 Butterfly	32.34	32.90	428	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Butterfly	1:19.38	1:20.30	315	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
50 Backstroke	41.97	42.40	217	22/11/21	Colchester Club Championships 2021	Colchester	ER211374	4
100 Backstroke	1:20.99	1:22.00	311	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
200 Individual Medley	3:55.20	3:56.90	139	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
100 Individual Medley	1:32.72	1:32.70	226	15/11/21	Colchester Club Championships 2021	Colchester	ER211373	4