

# Individual Best Times (All Time)

Chizara Ezeoke - (1450119) - Cheltenham S & W P Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.34	31.70	389	23/04/22	Swim England South East Summer Championships	Crawley	SE220754	1
100 Freestyle	1:14.73	1:13.60	331	05/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
50 Breaststroke	46.14	45.50	252	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Butterfly	39.22	38.70	241	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
100 Butterfly	1:30.15	1:29.30	233	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3
50 Backstroke	34.96	34.40	453	06/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
100 Backstroke	1:20.29	1:19.30	364	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Individual Medley	3:11.83	3:09.80	284	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley	SE210491	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.00	31.70	404	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Freestyle	1:09.11	1:10.30	384	17/07/22	Bexley SC Summer Sizzler	Bexleyheath	LR220907	3
50 Breaststroke	43.97	44.70	268	26/03/23	City of Wells Open Meet 2023	Street	SW230317	3
100 Breaststroke	1:46.35	1:47.50	201	07/11/21	Erith & District Fireworks Meet 2021	Crook Log	LR210953	3
200 Breaststroke	3:47.93	3:50.20	205	30/06/21	Dartford	Fairfield	LEX2747	0
50 Butterfly	36.26	36.80	303	02/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
100 Butterfly	1:24.85	1:25.70	258	03/04/22	Black Lion SC Regional Chaser 2022	Gillingham	SE220600	3
200 Butterfly	3:24.54	3:26.10	199	07/07/21	Dartford	Fairfield	LEX3110	0
50 Backstroke	33.24	33.80	438	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Backstroke	1:15.37	1:16.40	386	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
200 Backstroke	3:16.14	3:17.80	222	11/07/21	Dartford	Fairfield	LEX3280	0
200 Individual Medley	3:04.52	3:06.70	288	08/01/22	3rd Kent Weald SS Last Chance County Qualifier	Gillingham	SE220172	3
100 Individual Medley	1:21.19	1:21.20	337	25/03/23	City of Wells Open Meet 2023	Street	SW230317	3