

# Individual Best Times (All Time)

Esme Moss - (1477090) - Southwold Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.31	29.60	472	23/04/23	SE South West Summer Regional Championships 2023	Millfield	SW230522	1
100 Freestyle	1:07.51	1:06.30	449	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:30.69	2:28.40	420	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
50 Breaststroke	41.58	40.80	344	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:35.02	1:33.70	307	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Butterfly	35.72	35.20	319	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Butterfly	1:22.00	1:21.10	309	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	34.34	33.80	478	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Backstroke	1:15.70	1:14.60	434	13/05/23	SE South West Summer Regional Championships 2023	Hengrove	SW230524	1
200 Backstroke	2:46.55	2:44.50	404	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
200 Individual Medley	2:52.88	2:50.60	388	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	466	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Freestyle	1:05.37	1:06.60	454	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
200 Freestyle	2:25.15	2:27.50	438	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Breaststroke	43.06	43.80	285	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Breaststroke	1:32.74	1:34.10	304	19/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC	SW231698	3
50 Butterfly	34.34	34.90	357	30/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
100 Butterfly	1:18.85	1:19.80	322	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
50 Backstroke	34.30	34.90	398	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3
100 Backstroke	1:14.58	1:15.70	398	31/03/24	Soundwell SC Regional Qualifier	Weston-Super-Mare	SW240364	3
200 Backstroke	2:42.32	2:44.40	393	28/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
200 Individual Medley	2:49.52	2:51.80	371	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
100 Individual Medley	1:17.43	1:17.40	388	24/09/23	Gloucester City SC Autumn Level 3 Sprint Meet 2023	Gloucester	SW231616	3