

Individual Best Times (All Time)

Eloise Monk - (1479368) - Runnymede SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	447	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	36.34	35.80	403	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:23.43	1:22.50	324	25/09/22	Gators Early Season County Qualifier	London	LR221473	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.22	30.90	436	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
100 Freestyle	1:07.82	1:09.00	406	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Freestyle	2:33.28	2:35.50	372	29/10/23	Runnymede SC Club Championship 2023	Runnymede	ER231910	4
50 Breaststroke	44.97	45.70	251	29/10/23	Runnymede SC Club Championship 2023	Runnymede	ER231910	4
100 Breaststroke	1:38.88	1:40.20	250	18/11/22	Runnymede SC Club Championships 2022	Runnymede	ER222256	4
50 Butterfly	33.22	33.80	395	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Butterfly	1:21.07	1:22.00	296	29/10/23	Runnymede SC Club Championship 2023	Runnymede	ER231910	4
50 Backstroke	34.56	35.10	389	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Backstroke	1:16.47	1:17.50	369	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Backstroke	2:45.44	2:47.40	371	07/06/24	Runnymede SC - Club Championships 2024	Thundersley	ER240678	4
200 Individual Medley	2:51.57	2:53.90	358	27/10/23	Runnymede SC Club Championship 2023	Runnymede	ER231910	4
100 Individual Medley	1:19.66	1:19.70	356	03/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3