

Individual Best Times (All Time)

Poppy Jacques - (1483020) - Harwich Dovercourt/Parkeston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	38.55	38.10	254	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
200 Butterfly	3:13.62	3:12.00	248	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.43	33.10	353	17/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Freestyle	1:15.83	1:16.90	290	16/07/23	Colchester Summer Spectacular Development Meet 23	Braintree	ER230754	3
200 Freestyle	2:40.54	2:42.70	324	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
50 Breaststroke	51.93	52.50	163	22/05/22	Halstead Annual Open Meet	Essex	ER220690	3
100 Breaststroke	1:44.97	1:46.20	209	08/10/23	Harwich Swimming Club Championships 2023	Dovercourt SP	ER231903	4
50 Butterfly	35.66	36.20	319	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Butterfly	1:21.05	1:22.00	296	26/11/23	Colchester 2023 Last Chance County Qualifier Meet	Braintree	ER231564	3
200 Butterfly	3:06.69	3:08.40	262	10/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4
50 Backstroke	37.19	37.70	312	15/07/23	Colchester Summer Spectacular Development Meet 23	Braintree	ER230754	3
100 Backstroke	1:22.14	1:23.10	298	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Backstroke	2:56.41	2:58.30	306	28/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
200 Individual Medley	3:01.47	3:03.60	302	27/04/24	Harwich, Dovercourt & Parkeston 200m Champs & TT	Dovercourt	ER240789	4
400 Individual Medley	6:37.00	6:41.40	277	11/12/23	Harwich Swimming Club Time Trials 2023	Harwich	ER232419	4
100 Individual Medley	1:24.41	1:24.40	300	08/10/23	Harwich Swimming Club Championships 2023	Dovercourt SP	ER231903	4