

Individual Best Times (All Time)

Esme Johns - (1525898) - Carn Brea and Helston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Individual Medley	2:54.99	2:52.70	374	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.45	32.10	387	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
100 Freestyle	1:07.99	1:09.20	403	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
200 Freestyle	2:31.25	2:33.50	387	30/10/23	Carn Brea & Helston 2023 Combined Club Champs	Carn Brea	SW230819	4
400 Freestyle	5:08.89	5:13.40	419	28/01/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240149	2
800 Freestyle	10:59.85	11:08.60	378	13/01/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240146	2
1500 Freestyle	22:24.58	22:39.90	308	18/11/22	Carn Brea & Helston Combined Club Championships 22	Carn Brea	SW220536	4
50 Breaststroke	47.19	47.90	217	18/09/22	Carn Brea & Helston Combined Club Championships 22	Carn Brea	SW220533	4
50 Butterfly	33.98	34.50	369	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
100 Butterfly	1:15.45	1:16.50	367	04/02/24	2024 Cornwall County & Age Groups Championships	Bodmin	SW240151	2
200 Butterfly	2:51.42	2:53.30	339	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
50 Backstroke	39.82	40.30	254	18/09/22	Carn Brea & Helston Combined Club Championships 22	Carn Brea	SW220533	4
100 Backstroke	1:30.19	1:31.10	225	12/06/22	Carn Brea & Helston Combined Club Championships 22	Carn Brea	SW220531	4
200 Individual Medley	2:45.42	2:47.80	399	03/02/24	2024 Cornwall County & Age Groups Championships	Penzance	SW240150	2
100 Individual Medley	1:24.82	1:24.80	295	18/09/22	Carn Brea & Helston Combined Club Championships 22	Carn Brea	SW220533	4