

Individual Best Times (All Time)

Meghan Howarth Owen - (1528970) - Chelmsford City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.88	30.20	446	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:06.29	1:05.00	474	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:25.03	2:22.60	471	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	5:00.78	4:56.10	479	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
800 Freestyle	10:39.74	10:30.60	435	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
50 Breaststroke	43.93	43.20	292	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
50 Butterfly	39.31	38.80	240	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
50 Backstroke	33.87	33.30	498	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:13.68	1:12.60	471	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	2:36.65	2:34.50	485	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Individual Medley	2:47.63	2:45.30	425	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.23	30.90	436	19/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
100 Freestyle	1:05.31	1:06.60	455	02/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
200 Freestyle	2:21.37	2:23.80	475	10/12/23	Team Luton 2023 Winter Development Meet	Luton	ER232205	3
400 Freestyle	4:50.41	4:55.20	505	22/06/24	Hatfield Summer Meet 2024	Hatfield	ER240174	2
800 Freestyle	10:05.49	10:15.00	490	19/03/24	Chelmsford City Club Champs 2024 800m & 1500m	Chelmsford City	ER240596	3
1500 Freestyle	19:39.79	19:57.20	456	26/03/24	Chelmsford City Club Champs 2024 800m & 1500m	Chelmsford City	ER240597	3
50 Breaststroke	40.51	41.30	343	23/09/23	Chelmsford City Club Champs 2023	Riverside	ER231553	4
100 Breaststroke	1:31.70	1:33.10	314	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
200 Breaststroke	3:13.86	3:16.60	334	23/09/23	Chelmsford City Club Champs 2023	Riverside	ER231553	4
50 Butterfly	34.86	35.40	342	03/06/23	Chelmsford City SC Summer Sprints Meet 2023	Riverside	ER230497	3
100 Butterfly	1:17.24	1:18.20	342	23/09/23	Chelmsford City Club Champs 2023	Riverside	ER231553	4
50 Backstroke	32.81	33.40	455	10/12/23	Team Luton 2023 Winter Development Meet	Luton	ER232205	3
100 Backstroke	1:10.76	1:11.90	466	10/12/23	Team Luton 2023 Winter Development Meet	Luton	ER232205	3
200 Backstroke	2:32.66	2:34.80	472	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	2:40.21	2:42.70	440	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Individual Medley	6:17.95	6:22.60	321	29/09/22	Chelmsford City SC Club Champs 2022	Riverside	ER221702	4
100 Individual Medley	1:15.34	1:15.30	421	21/10/23	Chelmsford City Club Champs 2023	Riverside	ER231555	4