

Individual Best Times (All Time)

Sum Yin Miriam Fok - (1624091) - Royal Tunbridge Wells Monson SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:17.16	1:16.10	300	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Freestyle	2:40.62	2:38.40	346	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
400 Freestyle	6:11.20	6:07.40	254	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
800 Freestyle	11:34.75	11:26.40	339	27/01/24	Kent County Championships 2024	Crawley	LR240208	1
1500 Freestyle	22:09.93	21:54.30	331	03/02/24	Kent County Championships 2024	Crawley	LR240209	1
50 Breaststroke	50.45	49.80	193	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Breaststroke	1:48.94	1:47.80	203	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Breaststroke	3:58.35	3:56.10	192	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
50 Backstroke	46.40	46.00	193	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
200 Individual Medley	3:24.23	3:22.30	235	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.62	34.20	317	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Freestyle	1:10.37	1:11.60	364	22/06/24	Kent Junior League 2024 Round 2	Tunbridge Wells	SE240925	4
200 Freestyle	2:38.09	2:40.30	339	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
400 Freestyle	5:28.59	5:32.80	348	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
800 Freestyle	11:16.96	11:25.50	350	14/11/23	RTW Monson Club Champs 2023 " Long Distance	Tonbridge	SE232488	3
1500 Freestyle	21:50.23	22:05.90	333	12/12/23	RTW Monson Club Champs 2023 " Long Distance	Tonbridge	SE232489	3
50 Breaststroke	47.84	48.50	208	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Breaststroke	1:38.46	1:39.70	254	22/06/24	Kent Junior League 2024 Round 2	Tunbridge Wells	SE240925	4
200 Breaststroke	3:40.10	3:42.50	228	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
50 Butterfly	43.42	43.90	177	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
50 Backstroke	42.38	42.90	211	26/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
100 Backstroke	1:30.99	1:31.90	219	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Backstroke	3:06.37	3:08.20	259	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Individual Medley	3:12.04	3:14.10	255	26/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
400 Individual Medley	6:50.85	6:55.10	250	25/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
100 Individual Medley	1:32.36	1:32.40	229	03/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4