## Individual Best Times (All Time)

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.71	37.30	243	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Freestyle	1:16.22	1:17.30	286	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
200 Freestyle	2:42.04	2:44.20	315	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
50 Breaststroke	55.89	56.50	130	21/05/23	Basildon & Phoenix Spring SC Meet 2023	Basildon	ER230820	3
50 Butterfly	39.33	39.80	238	18/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
50 Backstroke	41.75	42.20	221	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3
100 Individual Medley	1:27.64	1:27.60	268	19/05/24	Watford Swimming Club Development Meet 2024	Watford	ER240110	3