

Individual Best Times (All Time)

Grace Manning - (1651097) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.99	36.40	260	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Freestyle	1:17.51	1:16.40	296	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	2:44.97	2:42.80	320	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	5:53.03	5:49.00	296	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Butterfly	35.35	34.80	330	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
50 Backstroke	35.71	35.10	425	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Backstroke	1:17.03	1:16.00	412	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Backstroke	2:41.70	2:39.60	441	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Individual Medley	3:28.76	3:26.90	220	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.67	34.30	315	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:14.52	1:15.60	306	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	2:39.78	2:41.90	329	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	5:58.59	6:02.50	268	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
50 Breaststroke	46.12	46.80	232	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Butterfly	36.56	37.10	296	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Backstroke	36.89	37.40	320	11/11/23	National Arena Swimming League - London 2023	Luton	ER231465	2
100 Backstroke	1:17.77	1:18.80	351	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Backstroke	2:42.69	2:44.70	390	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Individual Medley	2:56.49	2:58.70	329	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Individual Medley	1:45.27	1:45.30	154	12/11/22	Killerwhales SC Autumn Tri Club Gala 2022	Hornchurch	LR222282	4