

Individual Best Times (All Time)

Annabel Lott - (1664783) - Herne Bay L&SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	53.11	52.50	165	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	37.89	38.40	221	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
200 Freestyle	3:01.09	3:03.00	226	29/04/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240351	4
400 Freestyle	6:40.96	6:44.50	191	05/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240348	4
800 Freestyle	13:50.61	13:57.60	189	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	44.53	45.20	258	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:38.63	1:39.90	252	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
200 Breaststroke	3:33.00	3:35.50	252	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
50 Backstroke	43.57	44.00	194	07/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Backstroke	1:31.42	1:32.30	216	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Backstroke	3:11.05	3:12.80	241	18/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
200 Individual Medley	3:23.56	3:25.50	214	19/05/24	East Invicta eXcel Development Meet 2024	Dover	SE240805	3
100 Individual Medley	1:31.26	1:31.30	237	21/06/24	Herne Bay Lifeguard & SC - Club Championships 2024	Herne Bay	SE240354	4