

Individual Best Times (All Time)

Sonny Stones - (1690010) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	44.18	43.70	106	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
200 Freestyle	3:05.40	3:03.50	166	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Freestyle	6:41.69	6:38.20	164	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	59.79	59.30	81	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Butterfly	1:03.85	1:03.60	42	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Backstroke	43.74	43.30	156	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:36.32	1:35.50	153	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	3:26.16	3:24.50	159	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.70	40.20	130	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:26.02	1:27.00	141	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	2:59.38	3:01.30	169	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	5:56.81	6:00.70	210	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
800 Freestyle	11:49.65	11:57.80	243	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
1500 Freestyle	23:31.01	23:45.60	216	26/06/24	Killerwhales Summer Long Distance Time Trials 2024	Romford	LR241553	4
50 Breaststroke	55.16	55.70	92	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:56.09	1:57.20	107	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	4:08.44	4:10.60	113	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Butterfly	44.68	45.10	115	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Butterfly	1:39.39	1:40.20	111	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	47.20	47.60	102	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Backstroke	1:35.04	1:35.90	131	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Backstroke	3:15.90	3:17.60	156	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3