

Individual Best Times (All Time)

George Epsly - (206930) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.55	23.70	617	06/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
100 Freestyle	52.89	51.30	695	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Freestyle	1:55.05	1:52.00	696	05/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
400 Freestyle	4:06.07	4:00.30	715	09/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
800 Freestyle	9:49.31	9:39.40	451	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
1500 Freestyle	17:21.27	17:01.30	585	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	NE3171	1
100 Breaststroke	1:49.27	1:48.10	141	15/06/08	East Region Bagcat Champs	Norwich	ERX812	1
200 Breaststroke	3:47.84	3:45.50	167	14/06/08	East Region Bagcat Champs	Norwich	ERX812	1
50 Butterfly	25.80	25.10	643	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Butterfly	55.91	54.50	691	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Butterfly	2:04.01	2:01.40	704	27/07/16	British Summer Championships	Sheffield	ASA148	1
50 Backstroke	29.23	28.50	522	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:02.68	1:01.40	557	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
200 Backstroke	2:15.91	2:13.40	558	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	NE150211	1
200 Individual Medley	2:21.55	2:18.70	522	02/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1
400 Individual Medley	4:58.63	4:52.70	535	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	SW3980	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.99	24.80	593	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Freestyle	52.52	54.10	622	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	1:50.82	1:53.90	720	18/12/15	ASA Winter Meet	Sheffield	ASA146	2
400 Freestyle	4:04.03	4:09.70	657	21/11/15	Golden Eagle Meet 2015	Bletchley	ER151726	2
800 Freestyle	10:00.64	10:10.20	402	20/12/09	Thurrock Club Champs	Grays	ER9703	4
1500 Freestyle	17:05.68	17:25.60	562	19/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	43.47	44.20	189	28/03/10	Essex County Champs	Grays	CC0073	2
100 Breaststroke	1:24.00	1:25.50	285	18/02/12	Devon County Championships	Tiverton	CC2027	2
200 Breaststroke	3:19.08	3:21.70	219	27/03/10	Essex County Champs	Grays	CC0073	2
50 Butterfly	25.93	26.60	590	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Butterfly	55.25	56.60	646	17/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Butterfly	2:00.96	2:03.50	689	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
50 Backstroke	28.06	28.80	489	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	59.24	1:00.60	543	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
200 Backstroke	2:08.06	2:10.60	561	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
200 Individual Medley	2:10.87	2:13.80	587	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
400 Individual Medley	4:40.03	4:46.20	589	28/11/15	Basildon & Phoenix Club Championships 2015	Basildon	ER150960	4
100 Individual Medley	1:02.33	1:02.30	494	19/02/14	Devon County Championships	Plymouth	CC4030	2