

Individual Best Times (All Time)

Hannah Gillespie - (308412) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.60	30.90	417	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Freestyle	1:04.49	1:03.20	515	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:18.75	2:16.20	538	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
400 Freestyle	4:46.24	4:41.30	556	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
800 Freestyle	9:51.49	9:41.60	550	07/02/16	Essex Age Group Championships 2016	Basildon	ER160004	1
50 Backstroke	36.26	35.70	406	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Backstroke	1:15.39	1:14.30	439	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Backstroke	2:31.79	2:29.60	533	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.50	30.20	469	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Freestyle	1:02.34	1:03.70	523	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:13.09	2:15.70	569	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
400 Freestyle	4:40.00	4:45.00	563	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
800 Freestyle	9:42.12	9:52.00	551	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	42.83	43.60	290	20/12/12	EFDSC Club Championships	Loughton	ER2404	4
100 Breaststroke	1:28.66	1:30.10	347	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Breaststroke	3:04.61	3:07.50	387	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Butterfly	34.70	35.20	346	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Butterfly	1:19.36	1:20.30	315	22/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Butterfly	2:52.08	2:53.90	335	13/07/16	Epping Forest Club Championships	Loughton	ER161334	4
50 Backstroke	34.66	35.20	386	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Backstroke	1:11.21	1:12.30	457	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
200 Backstroke	2:27.68	2:29.90	522	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
200 Individual Medley	2:36.29	2:38.80	474	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
400 Individual Medley	5:28.42	5:33.70	490	06/07/16	Epping Forest Club Championships	Loughton	ER161334	4
100 Individual Medley	1:15.71	1:15.70	415	08/10/14	Epping Forest District Club Championships	Loughton	ER4562	4