

# Individual Best Times (All Time)

Paige Powell - (319122) - Ealing SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.59	26.80	626	30/05/15	London Regional Championships	London	LR150606	1
100 Freestyle	58.79	57.40	680	30/07/15	British Summer Championships	Sheffield	ASA141	1
200 Freestyle	2:08.45	2:05.70	678	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
400 Freestyle	4:33.51	4:28.30	637	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
800 Freestyle	9:24.73	9:14.40	632	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
100 Breaststroke	1:26.22	1:24.70	411	03/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Breaststroke	3:01.37	2:58.40	436	02/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX219	1
50 Butterfly	28.99	28.30	598	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Butterfly	1:04.82	1:03.60	627	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Butterfly	2:53.91	2:52.10	343	12/06/11	BG London Region Age Group Championships	London	LRX120	1
50 Backstroke	36.39	35.80	402	23/03/12	Seraing Swimming Grand Prix	Belgium	GB2027	1
100 Backstroke	1:09.75	1:08.60	555	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Backstroke	2:36.24	2:34.10	489	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Individual Medley	2:31.34	2:28.70	578	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
400 Individual Medley	5:24.59	5:19.10	549	19/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	NE2027	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.97	27.70	614	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Freestyle	57.57	59.00	664	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Freestyle	2:04.16	2:06.90	701	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
400 Freestyle	4:27.42	4:32.60	647	19/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
800 Freestyle	9:35.52	9:45.50	570	25/02/12	Middlesex County Championships	Enfield	CC2082	2
50 Breaststroke	38.78	39.60	391	13/03/13	Middlesex County Championships	Enfield	CC3094	2
100 Breaststroke	1:21.57	1:23.10	446	22/03/14	Middlesex County Championships	Enfield	CC4096	2
200 Breaststroke	2:57.45	3:00.40	436	14/03/13	Middlesex County Championships	Enfield	CC3094	2
50 Butterfly	28.38	29.00	633	06/11/16	London Region Winter Championships	Stratford	LR162227	2
100 Butterfly	1:03.31	1:04.50	622	05/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Butterfly	2:25.89	2:28.00	551	08/02/14	Ealing L3 February Open Meet 2014	Ealing	LR4240	3
50 Backstroke	31.21	31.80	529	19/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
100 Backstroke	1:06.15	1:07.40	571	06/11/16	London Region Winter Championships	Stratford	LR162227	2
200 Backstroke	2:30.26	2:32.50	495	03/02/13	Ealing L3 Open Meet	Northolt	LR3044	3
200 Individual Medley	2:27.34	2:30.00	565	21/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2
400 Individual Medley	5:17.14	5:22.60	544	19/01/14	Windsor Level 2 Licenced Meet	Windsor	SE4120	2
100 Individual Medley	1:10.07	1:10.10	524	22/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2