

Individual Best Times (All Time)

Antoinette Mallon - (372808) - Borough of Wandsworth SA

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.44	29.70	466	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Freestyle	1:05.77	1:04.50	486	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	LR4571	1
200 Freestyle	2:16.38	2:13.80	566	10/04/16	London Region Summer Championships	London	LR160414	1
400 Freestyle	4:45.92	4:41.00	557	09/04/16	London Region Summer Championships	London	LR160414	1
800 Freestyle	9:47.79	9:37.90	561	08/12/13	London Winter Championships	Ealing	LRX324	1
200 Breaststroke	3:57.55	3:55.30	194	28/05/11	Crystal Palace Beacon Long Course Meet	London	LR1289	1
50 Backstroke	34.88	34.30	456	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:13.24	1:12.10	479	10/04/16	London Region Summer Championships	London	LR160414	1
200 Backstroke	2:32.83	2:30.60	523	10/04/16	London Region Summer Championships	London	LR160414	1
200 Individual Medley	2:59.95	2:57.70	344	03/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX219	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.08	30.80	442	20/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Freestyle	1:03.63	1:04.90	492	06/12/14	London Region Winter Championships	London	LRX425	2
200 Freestyle	2:15.09	2:17.60	544	06/11/16	London Region Winter Championships	Stratford	LR162227	2
400 Freestyle	4:44.04	4:48.90	539	20/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
800 Freestyle	9:46.27	9:56.00	540	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
50 Breaststroke	44.18	44.90	264	16/01/16	Epsom District Winter Open	Epsom	SE160285	3
100 Breaststroke	1:33.94	1:35.30	292	19/10/13	Wandsworth SC Club Championships 2013	Epsom	LR3761	4
200 Breaststroke	3:18.32	3:21.00	312	16/01/16	Epsom District Winter Open	Epsom	SE160285	3
50 Butterfly	35.77	36.30	316	16/01/16	Epsom District Winter Open	Epsom	SE160285	3
100 Butterfly	1:33.48	1:34.30	193	02/11/13	Wandsworth SC Club Championships 2013	Epsom	LR3761	4
50 Backstroke	34.30	34.90	398	22/11/15	Beckenham Rising Stars Meet 2015	Beckenham	LR150978	3
100 Backstroke	1:10.92	1:12.00	463	06/12/14	London Region Winter Championships	London	LRX425	2
200 Backstroke	2:29.79	2:32.00	500	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	LR152215	2
200 Individual Medley	2:46.13	2:48.50	394	22/11/15	Beckenham Rising Stars Meet 2015	Beckenham	LR150978	3
400 Individual Medley	6:05.91	6:10.70	354	03/11/12	Wandsworth SC Club Championship	Wandsworth	LR2742	4
100 Individual Medley	1:17.41	1:17.40	389	22/11/15	Beckenham Rising Stars Meet 2015	Beckenham	LR150978	3