## Individual Best Times (All Time)

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.17	31.80	270	25/06/16	Witham Dolphins Invitation Meet	Braintree	ER161285	4
100 Freestyle	1:18.52	1:19.60	186	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Freestyle	2:54.53	2:56.50	184	09/11/14	Witham Dolphins Club Championships	Witham	ER14304	4
400 Freestyle	6:32.72	6:36.30	157	18/06/11	Witham Dolphins Club Championships	Witham	ER1363	4
800 Freestyle	13:59.43	14:06.30	147	19/06/11	Witham Dolphins Club Championships	Witham	ER1363	4
50 Breaststroke	41.04	41.80	224	15/06/14	Witham Dolphins Club Swimming Champs	Witham	ER4663	4
100 Breaststroke	1:36.62	1:37.90	187	07/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
200 Breaststroke	3:36.11	3:38.50	171	10/12/11	Witham Dolphins Club Championships	Witham	ER1671	4
50 Butterfly	31.61	32.20	325	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Butterfly	1:21.52	1:22.40	201	07/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
200 Butterfly	3:41.48	3:42.90	112	10/12/11	Witham Dolphins Club Championships	Witham	ER1671	4
50 Backstroke	38.36	38.90	191	15/06/14	Witham Dolphins Club Swimming Champs	Witham	ER4663	4
100 Backstroke	1:26.66	1:27.60	173	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Backstroke	3:22.10	3:23.70	142	10/12/11	Witham Dolphins Club Championships	Witham	ER1671	4
200 Individual Medley	3:04.01	3:06.10	211	08/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
100 Individual Medley	1:20.06	1:20.10	233	20/05/12	Witham Dolphins SC Summer Club Champs	Witham	ER2329	4