

Individual Best Times (All Time)

Honor Kingsley-Smith - (449932) - Orpington Ojays

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.36	28.60	520	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Freestyle	1:05.34	1:04.00	495	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Freestyle	2:21.22	2:18.70	510	17/05/14	COBEXE May Meet 2014	Hengrove	SW4432	1
400 Freestyle	4:57.00	4:52.20	497	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
800 Freestyle	9:57.09	9:47.30	535	08/02/14	Devon County ASA Long Distance Champs	Plymouth	CC4027	1
50 Breaststroke	37.06	36.20	487	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Breaststroke	1:23.06	1:21.50	460	04/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
200 Breaststroke	2:57.40	2:54.40	466	04/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
200 Butterfly	2:55.81	2:54.00	332	08/06/14	ASA South West Region AG Championships	Millfield	SWR404	1
200 Backstroke	2:45.55	2:43.50	411	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
200 Individual Medley	2:43.93	2:41.50	455	15/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
400 Individual Medley	5:46.17	5:41.10	453	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.66	30.40	462	01/10/17	Orpington Ojays Season Starter 2017	Gillingham	LR170977	3
100 Freestyle	1:05.08	1:06.40	460	01/10/17	Orpington Ojays Season Starter 2017	Gillingham	LR170977	3
200 Freestyle	2:17.92	2:20.40	511	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Freestyle	4:49.69	4:54.50	509	05/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
800 Freestyle	9:52.81	10:02.50	522	06/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
50 Breaststroke	37.40	38.20	436	01/07/17	The White Horse League 2017	Becontree	LR170813	3
100 Breaststroke	1:19.33	1:20.90	485	11/11/17	NASLS - ROUND TWO	Crawley	SE172515	3
200 Breaststroke	2:54.71	2:57.70	456	12/11/17	Orpington Ojays Club Championships 2017	Eltham	LR171123	4
50 Butterfly	34.91	35.40	340	15/09/13	Black Lion Club Championships	Gillingham	SE3620	4
100 Butterfly	1:15.04	1:16.00	373	11/11/17	NASLS - ROUND TWO	Crawley	SE172515	3
200 Butterfly	2:44.63	2:46.50	383	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
50 Backstroke	36.40	36.90	333	18/01/15	Devon County 2015 Championships	Plymouth	CC150274	2
100 Backstroke	1:15.92	1:17.00	377	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Backstroke	2:41.00	2:43.10	403	15/09/13	Black Lion Club Championships	Gillingham	SE3620	4
200 Individual Medley	2:37.32	2:39.80	464	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Individual Medley	5:42.07	5:47.20	433	14/11/13	Black Lion Club Championships	Gillingham	SE3621	4
100 Individual Medley	1:16.61	1:16.60	401	05/10/13	The 2013 Medway Championships	Gillingham	SE3799	4