

Individual Best Times (All Time)

Annabel Speers - (542743) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.77	30.10	451	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
100 Freestyle	1:07.92	1:06.70	441	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Freestyle	2:26.25	2:23.90	459	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
400 Freestyle	5:07.70	5:03.10	447	11/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
50 Butterfly	33.82	33.30	376	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Butterfly	1:16.49	1:15.50	381	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Butterfly	2:47.03	2:45.10	387	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Backstroke	35.27	34.70	441	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:16.21	1:15.10	425	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Backstroke	2:42.02	2:39.90	439	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Individual Medley	2:51.04	2:48.70	400	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.34	31.00	431	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3
100 Freestyle	1:05.71	1:07.00	447	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Freestyle	2:20.83	2:23.30	480	18/04/15	Essex & Regional Qualifier	Thurrock	ER150027	3
400 Freestyle	5:00.42	5:05.10	456	29/11/15	Bexley Short Course Open	Bexleyheath	LR150603	3
800 Freestyle	10:12.11	10:21.50	474	05/12/15	Thurrock Club Championships	Grays	ER151881	4
50 Breaststroke	43.36	44.10	280	13/12/15	Thurrock Last Chance County Qualifier	Thurrock	ER150446	3
100 Breaststroke	1:39.93	1:41.20	243	18/10/14	The Alan Mitchell Memorial County Qualifier	Grays	ER4860	3
200 Breaststroke	3:33.70	3:36.20	249	13/10/13	Thurrock SC Season Opener & Club Champs	Thurrock	ER3290	3
50 Butterfly	33.98	34.50	369	10/10/15	The Alan Mitchell Memorial County Qualifier	Thurrock	ER150249	3
100 Butterfly	1:14.95	1:16.00	375	20/06/15	Thurrock Summer Sprint Meet	Thurrock	ER150398	3
200 Butterfly	2:43.48	2:45.40	391	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
50 Backstroke	33.85	34.40	415	21/10/17	BPSC Sprint Event 2017	Basildon	ER172348	3
100 Backstroke	1:13.58	1:14.70	415	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
200 Backstroke	2:35.70	2:37.80	445	28/11/15	Bexley Short Course Open	Bexleyheath	LR150603	3
200 Individual Medley	2:47.55	2:49.90	384	07/12/14	Thurrock Essex & Regional Qualifier Meet	Grays	ER14352	3
400 Individual Medley	6:06.18	6:11.00	353	30/11/13	Thurrock County Qualifier	Thurrock	ER3291	3
100 Individual Medley	1:17.31	1:17.30	390	19/07/14	Romford Town 2nd Non National Meet	Thurrock	LR4645	3