

# Individual Best Times (All Time)

**Kaia Cudmore - (543238) - Hackney Aquatics Club**

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet   | Venue          | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|----------------|----------|-------|
| 50 Freestyle          | 28.86   | 28.10           | 547       | 27/01/19 | 2019 Middlesex County Championships          | London         | LR190268 | 1     |
| 100 Freestyle         | 1:01.76 | 1:00.40         | 586       | 02/08/18 | Swim Wales Summer Nationals                  | Swansea        | WL180091 | 1     |
| 200 Freestyle         | 2:13.03 | 2:10.40         | 610       | 20/04/19 | Beckenham Easter International Open 2019     | London         | LR190200 | 1     |
| 400 Freestyle         | 4:40.72 | 4:35.70         | 589       | 20/04/19 | Beckenham Easter International Open 2019     | London         | LR190200 | 1     |
| 800 Freestyle         | 9:38.41 | 9:28.30         | 588       | 19/04/19 | Beckenham Easter International Open 2019     | London         | LR190200 | 1     |
| 50 Breaststroke       | 36.52   | 35.60           | 509       | 27/05/18 | London Swimming 2018 Long Course Summer Open | London         | LR181069 | 1     |
| 100 Breaststroke      | 1:22.06 | 1:20.50         | 477       | 30/03/19 | Team Luton March Open Meet                   | Luton          | ER190183 | 1     |
| 200 Breaststroke      | 2:59.63 | 2:56.70         | 448       | 05/05/18 | 2018 London Swimming Regional Summer Champs  | Stratford      | LR180781 | 1     |
| 50 Butterfly          | 31.77   | 31.20           | 454       | 26/01/19 | 2019 Middlesex County Championships          | London         | LR190268 | 1     |
| 200 Individual Medley | 2:38.80 | 2:36.30         | 500       | 06/05/18 | 2018 London Swimming Regional Summer Champs  | Stratford      | LR180781 | 1     |
| 400 Individual Medley | 5:42.21 | 5:37.00         | 468       | 21/05/16 | London Region Summer Age Grp Championships   | Crystal Palace | LR160416 | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet  | Venue          | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle          | 28.20   | 28.90           | 537       | 15/07/18 | Summer at Dagenham                                | Dagenham       | LR180251 | 3     |
| 100 Freestyle         | 1:00.78 | 1:02.10         | 565       | 25/11/18 | Hackney Aquatics Club Championships               | London         | LR182024 | 4     |
| 200 Freestyle         | 2:12.11 | 2:14.70         | 582       | 14/07/18 | Summer at Dagenham                                | Dagenham       | LR180251 | 3     |
| 400 Freestyle         | 4:35.34 | 4:40.40         | 592       | 16/12/18 | Barking & Dagenham Christmas at "Blue Light Pool" | Becontree      | LR182550 | 3     |
| 800 Freestyle         | 9:33.09 | 9:43.10         | 578       | 25/11/18 | Hackney Aquatics Club Championships               | London         | LR182024 | 4     |
| 50 Breaststroke       | 36.72   | 37.60           | 461       | 04/11/18 | 2018 London Swimming Regional Winter Champs       | London         | LR182146 | 2     |
| 100 Breaststroke      | 1:18.58 | 1:20.20         | 499       | 15/12/18 | Barking & Dagenham Christmas at "Blue Light Pool" | Becontree      | LR182550 | 3     |
| 200 Breaststroke      | 2:49.40 | 2:52.50         | 501       | 16/12/18 | Barking & Dagenham Christmas at "Blue Light Pool" | Becontree      | LR182550 | 3     |
| 50 Butterfly          | 31.02   | 31.60           | 485       | 14/07/18 | Summer at Dagenham                                | Dagenham       | LR180251 | 3     |
| 100 Butterfly         | 1:14.10 | 1:15.10         | 388       | 25/11/18 | Hackney Aquatics Club Championships               | London         | LR182024 | 4     |
| 200 Butterfly         | 3:05.85 | 3:07.50         | 266       | 28/03/15 | Redbridge March Regional Qualifier                | Fullwell Cross | LR150168 | 3     |
| 50 Backstroke         | 33.98   | 34.60           | 410       | 16/12/18 | Barking & Dagenham Christmas at "Blue Light Pool" | Becontree      | LR182550 | 3     |
| 100 Backstroke        | 1:15.52 | 1:16.60         | 383       | 25/11/18 | Hackney Aquatics Club Championships               | London         | LR182024 | 4     |
| 200 Backstroke        | 3:21.41 | 3:23.10         | 205       | 01/03/12 | Middlesex Bagcat & Youths County Champs           | Enfield        | CC2084   | 2     |
| 200 Individual Medley | 2:32.93 | 2:35.50         | 505       | 25/11/18 | Hackney Aquatics Club Championships               | London         | LR182024 | 4     |
| 400 Individual Medley | 5:33.69 | 5:38.90         | 467       | 23/01/16 | MCASA County Championships 2016                   | Barnet         | LR160279 | 2     |
| 100 Individual Medley | 1:12.47 | 1:12.50         | 474       | 18/11/17 | Enfield Swim Squad County Qualifier               | Enfield        | LR171709 | 3     |