

# Individual Best Times (All Time)

Eliza Cloake - (548253) - Folkestone SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.82	30.10	449	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:07.41	1:06.20	451	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Freestyle	2:28.62	2:26.30	437	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Breaststroke	40.47	39.70	374	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
50 Butterfly	32.85	32.30	411	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Butterfly	1:16.72	1:15.70	378	05/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
50 Backstroke	38.25	37.70	346	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
200 Individual Medley	2:48.03	2:45.70	422	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.38	31.10	429	05/12/15	Whitecliffs Winter Wonderland	Dover	SE152363	3
100 Freestyle	1:06.09	1:07.30	439	24/06/17	Herne Bay Summer Sprints Extrvaganza	Canterbury	SE170307	3
200 Freestyle	2:23.12	2:25.50	457	08/01/17	Icebreaker 2017	Canterbury	SE170257	3
400 Freestyle	5:09.47	5:14.00	417	19/04/15	Thanet No Frills Regional Qualifier Meet	Margate	SE150326	3
800 Freestyle	10:29.44	10:38.60	436	28/11/16	Folkestone Club Championships	Folkestone	SE162178	4
50 Breaststroke	38.54	39.30	398	24/06/17	Herne Bay Summer Sprints Extrvaganza	Canterbury	SE170307	3
100 Breaststroke	1:24.99	1:26.50	395	24/06/17	Herne Bay Summer Sprints Extrvaganza	Canterbury	SE170307	3
50 Butterfly	32.75	33.30	412	15/10/16	East Invicta Championships	Canterbury	SE161625	3
100 Butterfly	1:11.71	1:12.80	428	24/06/17	Herne Bay Summer Sprints Extrvaganza	Canterbury	SE170307	3
200 Butterfly	2:51.75	2:53.60	337	17/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
50 Backstroke	36.35	36.90	335	24/06/17	Herne Bay Summer Sprints Extrvaganza	Canterbury	SE170307	3
100 Backstroke	1:18.38	1:19.40	343	20/10/13	East Invicta ASA Annual Championships	Canterbury	SE3486	3
200 Backstroke	2:49.19	2:51.20	347	03/05/14	4ieme Meeting du Calais	Calais, France	GBR013	2
200 Individual Medley	2:41.52	2:43.90	429	28/03/15	City of Canterbury Spring Open Meet	Canterbury	SE150394	3
400 Individual Medley	5:47.07	5:52.10	415	25/11/16	Folkestone Club Championships	Folkestone	SE162177	4
100 Individual Medley	1:17.75	1:17.80	383	27/11/17	Folkeston Sports Centre SC Club Championships 2017	Folkstone	SE172632	4