

Individual Best Times (All Time)

Zachary Foster - (733477) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.91	36.30	181	18/12/11	Killerwhales Winter Open	Basildon	LR1534	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.24	31.90	268	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Freestyle	1:11.08	1:12.20	251	14/12/14	Epping Forest DSC Yuletide Gala	Loughton	ER4461	3
200 Freestyle	2:39.21	2:41.40	243	07/10/12	London Boro Of Redbridge Early County Meet	Fullwell Cross	LR2113	3
400 Freestyle	6:21.75	6:25.40	171	08/05/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
800 Freestyle	14:39.66	14:46.20	128	14/10/10	Epping Forest Dist Club Champs	Loughton	ER0291	4
1500 Freestyle	22:58.66	23:13.60	231	19/12/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Breaststroke	45.28	46.00	167	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Breaststroke	1:38.21	1:39.50	178	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Breaststroke	3:42.76	3:45.10	156	13/09/12	EFDSC Club Championships	Loughton	ER2404	4
50 Butterfly	37.55	38.10	194	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Butterfly	1:43.77	1:44.50	97	01/10/11	Redbridge Early County & Regional Qualifie	Fullwell Cross	LR1152	3
200 Butterfly	3:42.33	3:43.80	111	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
50 Backstroke	36.73	37.30	218	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Backstroke	1:20.34	1:21.30	217	25/10/14	Basildon & Phoenix Autumn Meet	Basildon	ER4727	3
200 Backstroke	3:14.07	3:15.80	161	18/09/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
200 Individual Medley	3:20.52	3:22.50	163	30/10/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
400 Individual Medley	6:50.12	6:54.40	187	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
100 Individual Medley	1:32.48	1:32.50	151	24/05/12	EFDSC Club Championships	Loughton	ER2404	4