

Individual Best Times (All Time)

Louie Ridgway - (754015) - Thurrock Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.49	28.80	356	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
100 Freestyle	1:01.30	59.90	446	07/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Freestyle	2:15.75	2:13.20	424	15/06/14	London Region Age Group Championships	Stratford	LRX408	1
400 Freestyle	4:41.96	4:36.90	475	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
1500 Freestyle	18:37.62	18:19.00	473	22/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
100 Breaststroke	1:50.05	1:48.90	138	15/01/11	Rushmoor Royals New Year Meet	Aldershot	SE1085	3
200 Breaststroke	3:39.91	3:37.50	185	15/01/11	Rushmoor Royals New Year Meet	Aldershot	SE1085	3
50 Butterfly	39.75	39.30	175	16/01/11	Rushmoor Royals New Year Meet	Aldershot	SE1085	3
100 Butterfly	1:11.06	1:10.00	336	08/06/14	London Region Age Group Championships	Stratford	LRX407	1
200 Butterfly	3:20.46	3:18.90	166	13/06/10	East Region BAGCATS	Norwich	ERX013	1
50 Backstroke	35.95	35.40	281	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	NE4110	1
100 Backstroke	1:18.48	1:17.40	284	19/01/13	Killerwhales SC Winter Open Meet	Basildon	LR3045	1
200 Backstroke	2:48.64	2:46.60	292	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Individual Medley	2:36.66	2:34.10	385	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
400 Individual Medley	5:39.63	5:34.40	364	01/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.96	27.70	418	19/04/15	Essex & Regional Qualifier	Thurrock	ER150027	3
100 Freestyle	58.32	59.70	454	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Freestyle	2:06.33	2:09.00	486	14/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
400 Freestyle	4:31.31	4:36.40	478	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
800 Freestyle	9:48.70	9:58.40	427	22/11/14	Thurrock Club Championships	Grays	ER14434	3
1500 Freestyle	18:21.88	18:40.40	454	13/12/14	Thurrock Club Championships	Thurrock	ER14435	4
50 Breaststroke	39.93	40.70	243	11/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
100 Breaststroke	1:23.84	1:25.30	286	11/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
200 Breaststroke	2:57.07	3:00.00	312	15/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
50 Butterfly	31.23	31.80	337	06/12/14	Thurrock Essex & Regional Qualifier Meet	Grays	ER14352	3
100 Butterfly	1:09.16	1:10.20	329	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
200 Butterfly	2:34.12	2:36.20	333	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
50 Backstroke	31.38	32.00	349	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	1:06.06	1:07.30	391	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
200 Backstroke	2:21.36	2:23.70	417	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
200 Individual Medley	2:26.22	2:28.90	421	28/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
400 Individual Medley	5:24.01	5:29.40	380	10/03/13	Essex County Championships	Braintree	CC3020	2
100 Individual Medley	1:08.46	1:08.50	372	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2