

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.47	28.80	514	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:01.71	1:00.30	588	07/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1
200 Freestyle	2:13.18	2:10.50	608	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
400 Freestyle	4:43.12	4:38.10	574	08/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1
50 Breaststroke	40.21	39.40	381	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:39.70	1:38.40	266	12/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
200 Breaststroke	3:42.95	3:40.60	234	09/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
50 Butterfly	29.24	28.60	583	05/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Butterfly	1:05.09	1:03.90	619	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Backstroke	30.86	30.20	659	30/07/16	British Summer Championships	Sheffield	ASA148	1
100 Backstroke	1:05.66	1:04.40	665	05/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Backstroke	2:20.70	2:18.30	670	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
200 Individual Medley	2:28.70	2:26.00	610	09/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
400 Individual Medley	5:22.82	5:17.30	558	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.86	28.60	557	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Freestyle	1:00.10	1:01.50	584	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:10.74	2:13.40	600	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
400 Freestyle	4:34.89	4:39.90	595	16/03/14	Essex County Championships	Basildon	CC4040	2
50 Breaststroke	36.78	37.60	458	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Breaststroke	1:27.40	1:28.80	363	11/01/13	Basildon & Phoenix Club Championships	Basildon	ER3092	4
200 Breaststroke	3:17.41	3:20.10	316	18/02/12	Essex County Age Group Championships	Basildon	CC2058	2
50 Butterfly	29.41	30.00	569	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Butterfly	1:05.18	1:06.30	570	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Butterfly	3:24.10	3:25.60	201	03/10/10	Thurrock Season Opener Meet	Thurrock	ER0467	2
50 Backstroke	30.05	30.70	593	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
100 Backstroke	1:03.58	1:04.80	643	16/03/14	Essex County Championships	Basildon	CC4040	2
200 Backstroke	2:16.23	2:18.70	665	20/12/15	ASA Winter Meet	Sheffield	ASA146	2
200 Individual Medley	2:25.93	2:28.60	582	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
400 Individual Medley	5:02.43	5:08.20	627	15/03/14	Essex County Championships	Basildon	CC4040	2
100 Individual Medley	1:07.34	1:07.30	590	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2