

Individual Best Times (All Time)

Reef Hook - (801500) - Ealing SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.82	25.00	531	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
100 Freestyle	54.31	52.80	642	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
200 Freestyle	1:58.46	1:55.50	638	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
400 Freestyle	4:20.81	4:15.40	600	14/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
1500 Freestyle	17:49.92	17:30.50	539	16/03/14	Middlesex County Championships	Crystal Palace	CC4095	1
50 Breaststroke	45.96	45.30	179	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	SE2060	3
100 Breaststroke	1:50.85	1:49.70	135	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	SE1358	3
50 Butterfly	27.56	26.90	527	30/05/15	London Regional Championships	London	LR150606	1
100 Butterfly	1:00.83	59.60	537	14/05/16	MCASA Long Course Open Meet	Guildford	LR160687	1
50 Backstroke	28.70	28.00	552	10/04/16	London Region Summer Championships	London	LR160414	1
100 Backstroke	1:01.74	1:00.40	583	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
200 Backstroke	2:17.81	2:15.40	535	04/05/15	London Region Summer Championships	Crystal Palace	LR150561	1
200 Individual Medley	2:27.59	2:24.90	460	14/06/14	London Region Age Group Championships	Stratford	LRX408	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.31	26.10	505	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
100 Freestyle	52.81	54.40	612	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Freestyle	1:54.49	1:57.50	653	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
400 Freestyle	4:12.85	4:18.30	591	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
1500 Freestyle	19:15.29	19:33.00	393	21/04/13	MCASA Spring Development Meet	Southbury	LR3345	3
50 Breaststroke	34.71	35.60	371	01/11/15	Ealing November Open Meet	Northolt	LR150789	3
100 Breaststroke	1:15.97	1:17.60	385	01/11/15	Ealing November Open Meet	Northolt	LR150789	3
50 Butterfly	26.62	27.30	545	16/06/18	ESC End of Season Open	Northolt	LR180594	3
100 Butterfly	59.72	1:01.00	512	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Butterfly	2:18.39	2:20.70	460	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	LR161086	3
50 Backstroke	28.46	29.20	468	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
100 Backstroke	59.42	1:00.80	538	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Backstroke	2:09.45	2:12.00	543	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
200 Individual Medley	2:21.64	2:24.40	463	23/11/14	Guildford City County Qualifier Meet	Guildford	SE4829	2
100 Individual Medley	1:04.53	1:04.50	445	31/10/15	Ealing November Open Meet	Northolt	LR150789	3