

Individual Best Times (All Time)

Kwende Blair-Ford - (818728) - Bromley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.38	25.60	498	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Freestyle	59.09	57.70	498	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
50 Breaststroke	37.63	36.80	327	06/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot	SE151565	3
100 Breaststroke	1:23.84	1:22.30	312	14/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
50 Butterfly	27.64	26.90	523	11/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Butterfly	1:04.71	1:03.50	446	28/01/17	Kent Swimming Championships	Crystal Palace	SE170172	1
50 Backstroke	30.72	30.10	450	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	LR160450	1
100 Backstroke	1:14.08	1:13.00	337	26/04/14	Bexley Long Course Open Meet	London	LR4393	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.62	26.40	487	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	LR161746	3
100 Freestyle	57.25	58.70	480	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	LR161746	3
200 Freestyle	2:09.09	2:11.70	456	04/10/15	Orpington Ojays Season Starter	Gillingham	LR150605	3
400 Freestyle	4:43.07	4:48.00	421	23/10/15	Bromley Club Championships	Beckenham	LR151619	4
1500 Freestyle	19:41.56	19:58.90	368	07/09/14	Bromley Club Championships	Bromley	LR4950	4
50 Breaststroke	35.00	35.90	362	25/06/16	Bromley Club Championships	Beckenham	LR161301	4
100 Breaststroke	1:18.61	1:20.20	347	02/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	LR3392	3
200 Breaststroke	2:52.99	2:56.00	335	28/06/14	Bromley SC Time Trials	Bromley	LR4847	4
50 Butterfly	27.68	28.40	485	18/12/16	Bromley Christmas Gold Open Meet 2016	Bromley	LR161746	3
100 Butterfly	1:04.69	1:05.90	402	01/03/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
200 Butterfly	2:34.63	2:36.70	329	08/09/14	Bromley SC Club Championships 2014	Croydon	LR4951	4
50 Backstroke	30.03	30.70	399	01/03/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
100 Backstroke	1:08.39	1:09.60	352	17/09/16	Bromley Club Championships	Croydon	LR161304	4
200 Backstroke	2:29.14	2:31.40	355	23/10/15	Bromley Club Championships	Beckenham	LR151619	4
200 Individual Medley	2:29.95	2:32.60	390	28/06/14	Bromley SC Time Trials	Bromley	LR4847	4
400 Individual Medley	5:34.50	5:39.70	345	08/07/12	Bromley SC Club Championships 2012	Bromley	LR2554	4
100 Individual Medley	1:06.84	1:06.80	400	26/09/15	Bromley Leander Dual Meet	Dulwich	LR151687	4