

Individual Best Times (All Time)

Kathryn Carmichael - (837270) - Kingston Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	447	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Freestyle	1:08.25	1:07.00	434	06/04/19	Crawley Spring Open	Crawley	SE190011	1
200 Freestyle	2:45.93	2:43.80	314	17/04/16	Bracknell Wokingham Spring L3 Meet	Aldershot	SE160362	3
50 Breaststroke	43.27	42.50	306	17/02/18	Surrey Age Group Championships 2018	Surrey	LR180304	1
100 Breaststroke	1:52.67	1:51.50	184	12/04/15	Rushmoor Royals Spring NQ Open Meet	Aldershot	SE150233	1
50 Butterfly	33.12	32.50	401	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
50 Backstroke	34.10	33.50	488	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:14.15	1:13.10	462	08/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
200 Backstroke	2:36.89	2:34.70	483	06/04/19	Crawley Spring Open	Crawley	SE190011	1
200 Individual Medley	2:50.11	2:47.80	407	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.94	31.60	407	24/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
100 Freestyle	1:07.88	1:09.10	405	25/11/18	Black Swan Winter Meet 2018	Elmbridge Xcel	SE182150	3
200 Freestyle	2:32.43	2:34.70	378	01/10/17	The Royals Autumn Open Meet	Walton on Thames	LR171469	3
400 Freestyle	5:33.61	5:37.80	333	17/06/17	KRSC & EPSC Inter Club Championships	Epsom	LR171366	4
800 Freestyle	11:17.33	11:25.80	350	22/10/17	Kingston Royals Closed Club Gala 2017	New Malden	LR172437	4
50 Breaststroke	42.54	43.30	296	30/09/17	The Royals Autumn Open Meet	Walton on Thames	LR171469	3
100 Breaststroke	1:34.91	1:36.20	283	05/11/17	Haslemere Autumn Sparkler	Haslemere	SE171407	3
200 Breaststroke	3:19.61	3:22.20	306	01/10/17	The Royals Autumn Open Meet	Walton on Thames	LR171469	3
50 Butterfly	34.67	35.20	347	06/01/19	The Royals New Year Meet 2019	Walton-on-Thames	LR190174	3
100 Butterfly	1:25.08	1:26.00	256	24/02/18	Staines SC Black Swan B-C Grade Meet 2018	Walton on Thames	SE180397	3
200 Butterfly	3:27.38	3:28.90	191	25/02/18	Staines SC Black Swan B-C Grade Meet 2018	Walton on Thames	SE180397	3
50 Backstroke	33.56	34.20	425	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
100 Backstroke	1:11.29	1:12.40	456	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
200 Backstroke	2:32.52	2:34.70	474	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
200 Individual Medley	2:45.60	2:48.00	398	14/04/18	Surrey Age Group Summer Meet 2018	Guildford Spectrum	LR180780	3
400 Individual Medley	6:04.63	6:09.40	358	26/10/18	Kingston & Elmbridge 400m IM Club Champs 2018	ELMBRIDGE	LR181700	4
100 Individual Medley	1:17.84	1:17.80	382	25/02/18	Staines SC Black Swan B-C Grade Meet 2018	Walton on Thames	SE180397	3