

# Individual Best Times (All Time)

Francesca Whiting - (837662) - Royal Tunbridge Wells Monson SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.80	27.00	612	03/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
100 Freestyle	1:00.04	58.60	638	03/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
200 Freestyle	2:09.08	2:06.40	668	14/03/20	Edinburgh International	Edinburgh	SCO1813	1
400 Freestyle	4:34.86	4:29.70	628	24/07/21	South East Festival of Swimming 2021	Wycombe	SE210358	1
800 Freestyle	9:44.19	9:34.20	571	21/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1
50 Breaststroke	39.23	38.40	410	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Breaststroke	1:26.51	1:25.00	407	04/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
200 Breaststroke	3:31.61	3:29.10	274	08/06/13	ASA South East Region Age Group Championships 2013	Crawley	SER304	1
50 Butterfly	32.55	32.00	422	12/02/17	Kent Swimming Championships	London Aquatics	SE170174	1
100 Butterfly	1:09.20	1:08.10	515	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
50 Backstroke	30.52	29.90	681	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
100 Backstroke	1:05.37	1:04.10	674	25/07/18	British Summer Championships	Sheffield	BSW006	1
200 Backstroke	2:21.12	2:18.70	664	04/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
200 Individual Medley	2:28.40	2:25.70	613	19/01/20	Flanders Swimming Cup	Antwerp, Belgium	GBR1283	1
400 Individual Medley	5:59.40	5:54.50	404	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.05	27.80	609	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	57.80	59.20	657	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
200 Freestyle	2:05.81	2:08.50	674	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:29.23	4:34.40	634	27/06/21	Titans Term Target	Ellesmere	WM210091	4
800 Freestyle	9:22.59	9:32.80	611	23/10/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tonbridge School	SE182562	4
50 Breaststroke	37.10	37.90	447	03/11/20	RTW Monson	Tonbridge School	LEX460	0
100 Breaststroke	1:21.41	1:22.90	449	29/06/19	RTW Monsoon Summer Splash Level 3 Open Gala	Tunbridge Wells	SE191157	3
200 Breaststroke	2:55.83	2:58.80	448	17/11/16	Sevenoaks Club Championships	Sevenoaks	SE162015	4
50 Butterfly	31.00	31.60	486	30/06/18	RTW Monson Summer Splash Level 3 Open Gala	Tunbridge Wells	SE181287	3
100 Butterfly	1:06.74	1:07.90	531	25/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
200 Butterfly	2:38.90	2:40.90	426	06/10/17	Sevenoaks Club Championships 2017	Sevenoaks	SE171906	4
50 Backstroke	29.91	30.60	601	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Backstroke	1:02.42	1:03.70	679	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Backstroke	2:14.86	2:17.30	686	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Individual Medley	2:22.56	2:25.30	624	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Individual Medley	5:27.12	5:32.40	495	21/10/16	Sevenoaks Club Championships	Sevenoaks	SE162013	4
100 Individual Medley	1:08.42	1:08.40	563	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2