

# Individual Best Times (All Time)

Natasha Dawson - (842761) - Epping Forest Dist SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.19	34.80	301	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	ER171107	4
100 Freestyle	1:13.81	1:14.90	315	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181655	4
200 Freestyle	2:40.37	2:42.50	325	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
400 Freestyle	6:42.16	6:45.60	190	11/09/16	Epping Forest Club Championships	Loughton	ER161336	4
800 Freestyle	11:51.89	12:00.00	301	25/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181659	4
50 Breaststroke	45.36	46.10	244	17/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
100 Breaststroke	1:38.38	1:39.70	254	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
200 Breaststroke	3:33.46	3:35.90	250	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	39.95	40.40	227	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
50 Backstroke	40.23	40.70	247	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	ER171107	4
100 Backstroke	1:27.54	1:28.50	246	30/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181656	4
200 Backstroke	3:03.77	3:05.60	271	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181655	4
200 Individual Medley	3:03.47	3:05.60	293	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Individual Medley	1:30.16	1:30.20	246	04/03/17	Harlow Penguins 5th Junior Development Meet	Harlow	ER170420	3