

# Individual Best Times (All Time)

Eden Astbury - (850195) - Thurrock Swimming Club

Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                 | Venue    | Licence  | Level |
|----------------|---------|-----------------|-----------|----------|--------------------------------------|----------|----------|-------|
| 50 Freestyle   | 33.28   | 32.60           | 357       | 11/04/15 | Killerwhales Mid Qualifying Meet     | Basildon | LR150206 | 1     |
| 100 Freestyle  | 1:14.74 | 1:13.60         | 331       | 12/04/15 | Killerwhales Mid Qualifying Meet     | Basildon | LR150206 | 1     |
| 50 Butterfly   | 36.76   | 36.20           | 293       | 11/04/15 | Killerwhales Mid Qualifying Meet     | Basildon | LR150206 | 1     |
| 50 Backstroke  | 40.99   | 40.50           | 281       | 23/11/13 | Essex Winter Long Course Competition | Basildon | ER3696   | 1     |
| 100 Backstroke | 1:23.94 | 1:23.00         | 318       | 12/04/15 | Killerwhales Mid Qualifying Meet     | Basildon | LR150206 | 1     |
| 200 Backstroke | 3:17.05 | 3:15.30         | 244       | 14/04/13 | Bexley SC Long Course Open Meet      | London   | LR3128   | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                        | Venue       | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------|-------------|----------|-------|
| 50 Freestyle          | 32.27    | 32.90           | 358       | 18/01/15 | Essex County Age Group Championships 2015   | Basildon    | CC150043 | 2     |
| 100 Freestyle         | 1:14.41  | 1:15.50         | 307       | 07/12/14 | Thurrock Essex & Regional Qualifier Meet    | Grays       | ER14352  | 3     |
| 200 Freestyle         | 2:48.99  | 2:51.00         | 278       | 30/11/13 | Thurrock County Qualfier                    | Thurrock    | ER3291   | 3     |
| 400 Freestyle         | 6:25.51  | 6:29.10         | 215       | 13/10/13 | Thurrock SC Season Opener & Club Champs     | Thurrock    | ER3290   | 3     |
| 800 Freestyle         | 12:21.51 | 12:29.30        | 266       | 22/11/14 | Thurrock Club Championships                 | Grays       | ER14434  | 3     |
| 50 Breaststroke       | 46.02    | 46.70           | 234       | 19/10/14 | The Alan Mitchell Memorial County Qualifier | Grays       | ER4860   | 3     |
| 100 Breaststroke      | 1:41.39  | 1:42.60         | 232       | 18/10/14 | The Alan Mitchell Memorial County Qualifier | Grays       | ER4860   | 3     |
| 200 Breaststroke      | 4:06.70  | 4:08.80         | 162       | 17/10/12 | Thurrock SC Club Championships              | Grays       | ER2761   | 4     |
| 50 Butterfly          | 34.35    | 34.90           | 357       | 29/11/14 | Essex Senior Junior Championships           | Basildon    | ER4970   | 2     |
| 100 Butterfly         | 1:26.88  | 1:27.80         | 240       | 19/04/15 | Essex & Regional Qualifier                  | Thurrock    | ER150027 | 3     |
| 50 Backstroke         | 36.77    | 37.30           | 323       | 14/02/15 | Essex County Age Group Championships 2015   | Basildon    | CC150045 | 2     |
| 100 Backstroke        | 1:20.37  | 1:21.40         | 318       | 18/04/15 | Essex & Regional Qualifier                  | Thurrock    | ER150027 | 3     |
| 200 Backstroke        | 3:08.29  | 3:10.10         | 252       | 01/12/13 | Thurrock County Qualfier                    | Thurrock    | ER3291   | 3     |
| 200 Individual Medley | 3:10.14  | 3:12.20         | 263       | 05/01/14 | London Bo Redbridge Winter Meet             | Barkingside | LR4006   | 3     |
| 100 Individual Medley | 1:23.04  | 1:23.00         | 315       | 06/12/14 | Thurrock Essex & Regional Qualifier Meet    | Grays       | ER14352  | 3     |