

Individual Best Times (All Time)

Roisin Clifford - (872362) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.70	30.00	454	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:06.58	1:05.30	468	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Freestyle	2:35.40	2:33.10	382	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Breaststroke	40.94	40.20	361	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:27.87	1:26.40	388	31/03/18	BPSC Easter Meet 2018	Basildon	ER180211	1
200 Breaststroke	3:05.46	3:02.60	407	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Butterfly	32.75	32.20	415	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:17.81	1:16.80	362	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Backstroke	36.03	35.50	414	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:17.87	1:16.80	399	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Backstroke	2:48.45	2:46.50	390	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Individual Medley	2:49.09	2:46.70	414	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.97	30.70	447	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
100 Freestyle	1:05.02	1:06.30	461	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181655	4
200 Freestyle	2:28.93	2:31.20	406	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151118	4
400 Freestyle	5:16.37	5:20.80	390	11/09/16	Epping Forest Club Championships	Loughton	ER161336	4
50 Breaststroke	39.48	40.30	371	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Breaststroke	1:23.66	1:25.20	414	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Breaststroke	2:58.04	3:01.00	431	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	32.28	32.90	430	24/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
100 Butterfly	1:14.35	1:15.40	384	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
200 Butterfly	3:04.52	3:06.20	272	13/07/16	Epping Forest Club Championships	Loughton	ER161334	4
50 Backstroke	34.42	35.00	394	26/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
100 Backstroke	1:13.77	1:14.90	411	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
200 Backstroke	2:48.09	2:50.10	354	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4
200 Individual Medley	2:48.02	2:50.40	381	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
400 Individual Medley	5:55.65	6:00.60	385	02/12/15	Epping Forest District Club Championships	Loughton	ER151121	4
100 Individual Medley	1:15.70	1:15.70	415	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4