

# Individual Best Times (All Time)

Charlotte Hooke - (888508) - Brompton SC

## Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                       | Venue          | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|----------------|---------|-------|
| 50 Freestyle          | 32.42   | 31.80           | 386       | 11/05/13 | Beckenham SC International Open Meet       | Crystal Palace | LR3301  | 1     |
| 100 Freestyle         | 1:11.10 | 1:09.90         | 384       | 19/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |
| 200 Freestyle         | 2:33.97 | 2:31.70         | 393       | 19/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |
| 400 Freestyle         | 5:24.58 | 5:20.20         | 381       | 20/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |
| 50 Breaststroke       | 46.21   | 45.50           | 251       | 11/05/13 | Beckenham SC International Open Meet       | Crystal Palace | LR3301  | 1     |
| 100 Breaststroke      | 1:45.92 | 1:44.70         | 221       | 03/02/13 | Bishops Stortford SC 1st Long Course Open  | Basildon       | ER3078  | 3     |
| 200 Breaststroke      | 3:22.31 | 3:19.70         | 314       | 19/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |
| 50 Butterfly          | 39.74   | 39.30           | 232       | 03/02/13 | Bishops Stortford SC 1st Long Course Open  | Basildon       | ER3078  | 3     |
| 50 Backstroke         | 39.54   | 39.00           | 313       | 12/05/13 | Beckenham SC International Open Meet       | Crystal Palace | LR3301  | 1     |
| 100 Backstroke        | 1:21.59 | 1:20.60         | 346       | 20/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |
| 200 Backstroke        | 2:55.99 | 2:54.10         | 342       | 17/11/13 | Crawley Not So Early Bird Meet             | Crawley        | SE3141  | 1     |
| 200 Individual Medley | 2:55.04 | 2:52.80         | 374       | 20/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon       | ER4044  | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                   | Venue       | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------|---------|-------|
| 50 Freestyle          | 31.47   | 32.10           | 386       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 100 Freestyle         | 1:08.21 | 1:09.40         | 399       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 200 Freestyle         | 2:33.13 | 2:35.40         | 373       | 06/04/14 | BWFSC Secondary Age Group Meet 2014    | Walthamstow | LR4342  | 3     |
| 400 Freestyle         | 5:24.73 | 5:29.00         | 361       | 24/11/13 | Guildford County Qualifier Meet        | Guildford   | SE3252  | 3     |
| 50 Breaststroke       | 41.38   | 42.10           | 322       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 100 Breaststroke      | 1:32.61 | 1:34.00         | 305       | 06/04/14 | BWFSC Secondary Age Group Meet 2014    | Walthamstow | LR4342  | 3     |
| 200 Breaststroke      | 3:16.11 | 3:18.80         | 323       | 05/04/14 | BWFSC Secondary Age Group Meet 2014    | Walthamstow | LR4342  | 3     |
| 50 Butterfly          | 35.54   | 36.10           | 322       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 100 Butterfly         | 1:24.22 | 1:25.10         | 264       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 200 Butterfly         | 3:20.51 | 3:22.10         | 212       | 30/11/13 | Brompton Mid Distance Championships    | Fulham      | LR31017 | 4     |
| 50 Backstroke         | 37.91   | 38.40           | 295       | 01/03/14 | MCASA Bagcat & Youth Competitions 2014 | Enfield     | CC4093  | 2     |
| 100 Backstroke        | 1:19.05 | 1:20.10         | 334       | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham      | LR4850  | 4     |
| 200 Backstroke        | 2:49.32 | 2:51.30         | 346       | 02/03/14 | MCASA Bagcat & Youth Competitions 2014 | Enfield     | CC4093  | 2     |
| 200 Individual Medley | 2:52.38 | 2:54.70         | 353       | 24/11/13 | Guildford County Qualifier Meet        | Guildford   | SE3252  | 3     |
| 400 Individual Medley | 6:12.60 | 6:17.30         | 335       | 23/11/13 | Guildford County Qualifier Meet        | Guildford   | SE3252  | 3     |
| 100 Individual Medley | 1:20.83 | 1:20.80         | 341       | 05/04/14 | BWFSC Secondary Age Group Meet 2014    | Walthamstow | LR4342  | 3     |