

Individual Best Times (All Time)

Rufus Jones - (906474) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.38	27.60	399	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Freestyle	1:01.79	1:00.40	436	02/02/20	Essex Age Group Championships 2020	Basildon	ER200177	1
200 Freestyle	2:40.45	2:38.30	256	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
400 Freestyle	6:29.83	6:26.20	179	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Breaststroke	37.95	37.10	319	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Breaststroke	1:26.01	1:24.50	289	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Breaststroke	3:57.38	3:55.10	147	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Butterfly	33.33	32.80	298	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
50 Backstroke	31.90	31.30	402	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Backstroke	1:10.02	1:08.90	400	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Backstroke	2:37.53	2:35.40	358	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Individual Medley	3:20.72	3:18.70	183	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.37	29.10	358	08/12/19	Colchester County Qualifier	Braintree	ER191327	3
100 Freestyle	1:02.23	1:03.60	374	09/11/19	NASL London Round 2	Southbury	ER192867	3
200 Freestyle	2:15.72	2:18.30	392	07/12/19	Colchester County Qualifier	Braintree	ER191327	3
400 Freestyle	5:25.51	5:29.80	277	09/12/18	Epping Forest Internal Club Champs 2018	Loughton	ER182801	4
50 Breaststroke	36.97	37.80	307	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Breaststroke	1:21.12	1:22.70	316	07/12/19	Colchester County Qualifier	Braintree	ER191327	3
200 Breaststroke	3:07.24	3:10.00	264	05/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	ER190363	3
50 Butterfly	33.67	34.20	269	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
50 Backstroke	31.86	32.50	334	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
100 Backstroke	1:06.96	1:08.10	376	14/03/20	Harlow Penguins 2020 Regional Qualifier Open Meet	Harlow	ER200519	3
200 Backstroke	2:27.13	2:29.40	370	26/10/19	BPSC Autumn County Qualifier 2019	Basildon	ER192092	3
200 Individual Medley	2:50.05	2:52.40	267	11/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181658	4
100 Individual Medley	1:15.24	1:15.20	280	13/10/19	EFDSC Club Champs 2019	Loughton	ER191846	4