

Individual Best Times (All Time)

Rosie Mccann - (918318) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.48	29.80	464	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:05.92	1:04.60	482	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:20.94	2:18.50	513	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	5:05.47	5:00.80	457	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
50 Breaststroke	38.78	38.00	425	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:25.55	1:24.10	421	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Breaststroke	3:03.70	3:00.80	419	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Butterfly	34.16	33.60	365	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Butterfly	1:17.82	1:16.80	362	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
200 Butterfly	2:59.69	2:57.90	311	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Backstroke	35.98	35.40	416	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:16.95	1:15.90	413	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Backstroke	2:51.76	2:49.80	368	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	13/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	LR191887	3
100 Freestyle	1:04.71	1:06.00	468	16/12/18	Witham Dolphins Winter Club Championships	Witham	ER182513	4
200 Freestyle	2:19.66	2:22.10	492	25/11/17	Witham Dolphins Winter Club Championships	Witham	ER172368	4
400 Freestyle	4:51.90	4:56.70	497	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
800 Freestyle	10:26.31	10:35.50	442	28/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Breaststroke	38.98	39.80	385	18/11/17	Teamipswich November Open 2017	Ipswich	ER171868	3
100 Breaststroke	1:23.42	1:24.90	417	03/12/17	Witham Dolphins Club Championships	Witham	ER172441	4
200 Breaststroke	2:58.71	3:01.60	426	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Butterfly	35.22	35.80	331	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Butterfly	1:15.70	1:16.70	363	03/12/17	Witham Dolphins Club Championships	Witham	ER172441	4
200 Butterfly	2:47.47	2:49.30	364	25/11/17	Witham Dolphins Winter Club Championships	Witham	ER172368	4
50 Backstroke	35.77	36.30	351	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Backstroke	1:15.05	1:16.10	391	16/12/18	Witham Dolphins Winter Club Championships	Witham	ER182513	4
200 Backstroke	2:38.74	2:40.80	420	02/12/18	Witham Dolphins Winter Club Championships	Witham	ER182514	4
200 Individual Medley	2:39.51	2:42.00	445	10/12/17	Witham Dolphins Winter Club Championships	Witham	ER172486	4
400 Individual Medley	6:09.04	6:13.80	345	18/09/16	Witham Dolphins Summer Club Champs	Witham	ER161676	4
100 Individual Medley	1:16.73	1:16.70	399	17/06/17	Witham Dolphins Summer Club Championships	Witham	ER170960	4