

Individual Best Times (All Time)

Katherine Daynes - (923152) - Halstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.73	30.00	453	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Freestyle	1:08.60	1:07.40	428	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:32.48	2:30.20	405	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
400 Freestyle	5:04.40	4:59.80	462	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
50 Breaststroke	33.92	33.00	635	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Breaststroke	1:15.20	1:13.50	620	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
200 Breaststroke	2:47.05	2:43.90	558	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
50 Butterfly	32.26	31.70	434	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Butterfly	1:14.86	1:13.80	407	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Backstroke	38.64	38.10	335	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
200 Individual Medley	2:51.25	2:48.90	399	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
400 Individual Medley	5:53.11	5:48.10	426	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.50	30.20	469	01/12/18	Runnymede SC Jingle Bells	Basildon	ER181220	3
100 Freestyle	1:06.01	1:07.30	441	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Freestyle	2:21.95	2:24.40	469	29/09/17	Halstead Club Championships 2017	Halstead	ER171401	4
400 Freestyle	4:48.06	4:52.90	517	25/11/18	BBSC & DASC Christmas Cracker 2018	Braintree	ER181954	3
50 Breaststroke	33.07	34.00	631	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Breaststroke	1:12.24	1:14.00	643	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Breaststroke	2:36.71	2:40.00	633	04/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Butterfly	31.18	31.80	478	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Butterfly	1:10.89	1:12.00	443	28/09/19	Halstead Club Championships	Halstead	ER191694	4
200 Butterfly	2:42.82	2:44.80	396	23/11/19	BBSC & DASC Christmas Cracker 2019	Braintree	ER192686	3
50 Backstroke	37.04	37.60	316	26/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
100 Backstroke	1:15.02	1:16.10	391	04/10/19	Halstead Club Championships	Halstead	ER191695	4
200 Backstroke	2:49.67	2:51.60	344	30/09/17	Halstead Club Championships 2017	Halstead	ER171401	4
200 Individual Medley	2:33.50	2:36.00	500	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Braintree	ER182082	3
400 Individual Medley	5:26.37	5:31.70	499	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
100 Individual Medley	1:11.33	1:11.30	497	28/09/19	Halstead Club Championships	Halstead	ER191694	4