

# Individual Best Times (All Time)

Grace Mellor - (941440) - Dunmow Atlantis SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.88	29.20	493	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:05.59	1:04.30	490	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
200 Freestyle	2:27.09	2:24.70	451	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
400 Freestyle	5:12.31	5:07.80	428	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Breaststroke	36.91	36.00	493	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:22.79	1:21.30	464	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Breaststroke	3:00.86	2:57.90	439	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Butterfly	31.68	31.10	458	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Butterfly	1:17.20	1:16.20	371	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Backstroke	35.89	35.30	419	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Backstroke	1:17.90	1:16.90	398	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Backstroke	2:57.71	2:55.80	332	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Individual Medley	2:44.76	2:42.30	448	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.48	30.20	470	15/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon	ER150612	3
100 Freestyle	1:03.62	1:04.90	492	12/03/16	Basildon & Phoenix SC Spring Time Trial Event 2016	Basildon	ER160007	3
200 Freestyle	2:18.67	2:21.20	503	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
400 Freestyle	4:55.59	5:00.30	479	02/10/15	Dunmow Atlantis Club Championships	Dunmow	ER151609	4
800 Freestyle	10:20.06	10:29.30	456	27/11/15	Dunmow Atlantis Club Championships	Dunmow	ER151612	4
50 Breaststroke	36.19	37.00	481	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Breaststroke	1:19.21	1:20.80	487	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Breaststroke	2:53.38	2:56.40	467	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
50 Butterfly	31.69	32.30	455	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
100 Butterfly	1:13.37	1:14.40	399	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow	ER150891	3
50 Backstroke	34.87	35.40	379	28/11/15	Dunmow Atlantis Club Championships	Dunmow	ER151612	4
100 Backstroke	1:16.73	1:17.80	366	30/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
200 Backstroke	2:40.35	2:42.40	408	01/10/15	Dunmow Atlantis Club Championships	Dunmow	ER151609	4
200 Individual Medley	2:35.37	2:37.90	482	12/03/16	Basildon & Phoenix SC Spring Time Trial Event 2016	Basildon	ER160007	3
400 Individual Medley	5:38.03	5:43.20	449	12/11/15	Dunmow Atlantis Club Championships	Dunmow	ER151611	4
100 Individual Medley	1:13.12	1:13.10	461	01/10/15	Dunmow Atlantis Club Championships	Dunmow	ER151609	4