

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.33	29.60	471	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Freestyle	1:05.33	1:04.00	495	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Freestyle	2:20.01	2:17.50	523	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
400 Freestyle	4:56.15	4:51.40	502	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
800 Freestyle	10:25.24	10:15.90	466	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	44.18	43.50	287	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
50 Butterfly	31.16	30.50	481	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Butterfly	1:08.14	1:07.00	539	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Butterfly	2:30.44	2:28.30	530	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Backstroke	37.65	37.10	363	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:19.54	1:18.50	374	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Individual Medley	5:41.82	5:36.60	470	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.68	30.40	461	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Freestyle	1:04.18	1:05.50	479	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	LR180313	3
200 Freestyle	2:17.34	2:19.80	518	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
400 Freestyle	4:48.32	4:53.10	516	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
800 Freestyle	10:07.70	10:17.10	484	25/11/18	Epping Forest Internal Club Champs 2018	Loughton	ER181659	4
50 Breaststroke	42.36	43.10	300	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Breaststroke	1:30.14	1:31.50	331	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172208	4
200 Breaststroke	3:36.20	3:38.60	241	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
50 Butterfly	32.44	33.00	424	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Butterfly	1:09.22	1:10.30	476	12/10/19	NASL London Round 1	Braintree	ER192856	3
200 Butterfly	2:32.50	2:34.60	482	07/12/19	Colchester County Qualifier	Braintree	ER191327	3
50 Backstroke	36.85	37.40	321	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
100 Backstroke	1:16.91	1:17.90	363	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	LR180796	3
200 Backstroke	2:48.20	2:50.20	353	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181655	4
200 Individual Medley	2:41.92	2:44.30	426	29/09/19	Epping Forest District Season Opener Gala	Loughton	ER192192	3
400 Individual Medley	5:32.36	5:37.60	472	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
100 Individual Medley	1:21.04	1:21.00	339	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4