

Individual Best Times (All Time)

Robyn Ward - (975498) - Borough of Southend Swimming and

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.22	29.50	476	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	1:05.79	1:04.50	485	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Freestyle	2:24.46	2:22.00	476	25/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
800 Freestyle	11:01.21	10:52.40	394	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	38.40	37.60	437	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:25.66	1:24.20	419	24/03/18	Team Luton March Long Course Meet 2018	Luton	ER180343	1
200 Breaststroke	3:05.31	3:02.40	408	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
50 Butterfly	34.19	33.60	364	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
50 Backstroke	37.41	36.90	370	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Backstroke	1:25.86	1:24.90	297	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
200 Individual Medley	2:53.90	2:51.60	381	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.52	30.20	468	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Freestyle	1:04.13	1:05.40	481	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Freestyle	2:17.59	2:20.10	515	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
400 Freestyle	5:04.24	5:08.80	439	08/10/17	The Alan Mitchell Memorial County Qualifier	Thurrock	ER170331	3
800 Freestyle	10:43.19	10:52.10	408	11/11/17	Thurrock Distance Invitation Meet	Grays	ER170421	4
50 Breaststroke	37.36	38.20	437	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:22.02	1:23.50	439	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
200 Breaststroke	2:57.58	3:00.50	435	27/10/18	Colchester Spooktacular Halloween Meet 2018	Braintree	ER181236	3
50 Butterfly	34.40	34.90	355	27/10/18	Colchester Spooktacular Halloween Meet 2018	Braintree	ER181236	3
100 Butterfly	1:17.23	1:18.20	342	06/10/18	The Alan Mitchell Memorial County Qualifier	Thurrock	ER180355	3
50 Backstroke	35.73	36.30	352	27/10/18	Colchester Spooktacular Halloween Meet 2018	Braintree	ER181236	3
100 Backstroke	1:19.34	1:20.30	331	17/06/17	Thurrock Summer Sprint Meet 2017	Thurrock	ER170102	3
200 Backstroke	3:04.57	3:06.40	267	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
200 Individual Medley	2:39.10	2:41.60	449	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Individual Medley	1:20.75	1:20.80	342	16/07/16	Southend on Sea Summer Sprint Meet	Southend	ER161159	3