



3:00.10	309	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Bo Waltham F	3
3:10.91	260	H	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	Bo Waltham F	3
3:12.59	253	F	06/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	Bo Waltham F	3
3:13.69	249	F	01/07/16	BWFSC Club Championships	London	Bo Waltham F	4
3:24.52	211	H	13/12/15	Thurrock Last Chance County Qualifier	Thurrock		3
3:25.03	209	F	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Bo Waltham F	3
3:30.69	193	F	01/11/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Bo Waltham F	3
3:38.47	173	F	03/07/15	BWFSC Club Championships 2015	London	Bo Waltham F	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:41.43	430	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Waltham F	3
2:46.17	394	H	04/02/23	Essex Age Group County Championships 2023	Basildon	Bo Waltham F	2
2:46.17	394	H	04/02/23	Essex Age Group County Championships 2023	Basildon	Bo Waltham F	2
2:44.63	405	H	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	Bo Waltham F	3
2:48.87	375	F	21/10/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian		4
2:48.58	377	F	15/05/22	Bor of Waltham Forest SC Summer Time Trials 2022	Sylvestrian LC		4
2:42.14	424	H	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	Bo Waltham F	2
2:43.05	417	H	04/12/21	Harlow Penguins County Age Group Qualifying Meet	Harlow	Bo Waltham F	3
2:47.30	386	F	21/11/21	Enfield SS County Qualifier Open Meet November 21	Southbury		3
2:50.48	365	F	31/10/21	Borough of Waltham Forest SC - Gators Club Champs	Sylvestrian LC		4
2:48.10	380	F	09/10/21	NUEL Early County Qualifier Open Meet 2021	London		3
2:55.07	337	H	06/07/21	Bo Waltham Forest	Sylvestrian	Bo Waltham F	0
2:46.15	394	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
2:50.78	363	H	20/10/19	Essex Senior Winter Champs	Basildon	Bo Waltham F	2
2:48.57	377	H	06/04/19	Thurrock Essex & Regional Qualifier 2019	Thurrock	Bo Waltham F	3
2:51.74	357	F	02/03/19	Enfield Spring Regional Qualifier	Enfield	Bo Waltham F	3
2:49.17	373	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Bo Waltham F	3
2:55.57	334	F	18/11/18	Enfield Swim Squad County Qualifier	Enfield	Bo Waltham F	3
2:52.82	350	H	06/10/18	The Alan Mitchell Memorial County Qualifier	Thurrock	Bo Waltham F	3
2:52.16	354	H	29/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	Bo Waltham F	3
2:55.50	334	F	13/07/18	BWFSC Club Championships 2018	Sylvestrian LC	Bo Waltham F	4
2:54.78	338	F	03/03/18	Enfield Swim Squad Regional Qualifier	Enfield	Bo Waltham F	3
2:54.24	342	F	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Bo Waltham F	3
2:56.47	329	H	19/11/17	5th Hoddesdon County Qualifier Meet	Borehamwood	Bo Waltham F	3
2:56.81	327	F	09/06/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
2:55.01	337	H	02/04/17	Thurrock Essex & Regional Qualifier	Thurrock	Bo Waltham F	3
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