

Individual Best Times (All Time)

Louis Allen - (1345743) - Chelmsford City SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.19	27.40	408	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
100 Freestyle	58.46	57.00	515	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:10.61	2:07.90	476	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Freestyle	4:39.44	4:34.40	488	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
800 Freestyle	10:59.54	10:50.70	322	14/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
50 Breaststroke	34.35	33.40	431	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Breaststroke	1:20.93	1:19.40	347	05/03/22	National Arena Swimming League B Final & Cup Final	Cardiff	WL220038	1
200 Breaststroke	2:59.30	2:56.30	342	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
50 Butterfly	28.19	27.50	493	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Butterfly	1:04.96	1:03.80	441	29/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
200 Butterfly	2:48.69	2:46.80	279	01/08/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1
50 Backstroke	29.48	28.80	509	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Backstroke	1:02.99	1:01.70	549	05/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Backstroke	2:17.53	2:15.10	538	06/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
200 Individual Medley	2:24.10	2:21.30	495	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Individual Medley	5:41.66	5:36.50	357	01/08/21	British Swimming Festival of Swimming East Region	UEA Norwich	ER210170	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.78	27.50	426	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Freestyle	58.22	59.60	456	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
200 Freestyle	2:06.00	2:08.70	490	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
400 Freestyle	4:26.91	4:32.10	502	04/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
800 Freestyle	10:42.24	10:51.20	329	23/11/19	BPSC Boys,Girls 800,1500 County Regional Qualifier	Basildon	ER192637	3
50 Breaststroke	34.41	35.30	381	30/09/23	Chelmsford City Club Champs 2023	Riverside	ER231554	4
100 Breaststroke	1:16.44	1:18.10	378	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
200 Breaststroke	2:49.81	2:52.90	354	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
50 Butterfly	28.49	29.10	444	21/10/23	Chelmsford City Club Champs 2023	Riverside	ER231555	4
100 Butterfly	1:02.81	1:04.00	440	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
200 Butterfly	2:37.09	2:39.10	314	23/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220049	2
50 Backstroke	28.86	29.50	449	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Backstroke	1:00.69	1:02.00	505	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
200 Backstroke	2:11.43	2:13.90	519	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
200 Individual Medley	2:16.23	2:19.10	521	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
400 Individual Medley	5:14.03	5:19.60	418	23/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220049	2
100 Individual Medley	1:05.85	1:05.80	419	16/10/22	Essex Winter Championships 2022	Basildon	ER221475	2