

Individual Best Times (All Time)

Molly Aspinall - (1119389) - Oxford University SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.38	26.60	641	25/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
100 Freestyle	1:00.63	59.20	620	24/02/24	BUCS Long Course Swimming Championships 2023-24	Sheffield	NE240419	1
200 Freestyle	2:23.40	2:21.00	487	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
400 Freestyle	5:29.97	5:25.70	362	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
50 Breaststroke	42.08	41.30	332	17/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
100 Breaststroke	1:31.79	1:30.40	341	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
50 Butterfly	31.28	30.70	476	18/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
100 Butterfly	1:09.11	1:08.00	517	08/02/20	Hampshire County Championships 2020	Portsmouth	SE200384	1
50 Backstroke	33.92	33.30	496	05/02/22	Hampshire County ASA Swimming Championships 2022	Winchester	SE220382	1
100 Backstroke	1:13.75	1:12.70	469	08/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
200 Backstroke	2:45.60	2:43.60	411	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.25	28.00	595	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Freestyle	59.49	1:00.90	602	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Freestyle	2:10.54	2:13.20	603	17/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
400 Freestyle	4:53.10	4:57.90	491	18/10/19	Hamble Aquatics Club Championships 2019	Waterlooville	SE193107	4
800 Freestyle	10:13.08	10:22.40	472	11/11/18	Solent Network Long Distance Meet	Mountbatten SC	SE182336	3
50 Breaststroke	37.93	38.80	418	23/09/18	Littlehampton S.C. County Qualifier Meet 2018	Bognor Regis	SE180849	3
100 Breaststroke	1:23.60	1:25.10	415	25/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
200 Breaststroke	3:04.44	3:07.30	388	23/09/18	Littlehampton S.C. County Qualifier Meet 2018	Bognor Regis	SE180849	3
50 Butterfly	30.59	31.20	506	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Butterfly	1:09.71	1:10.80	466	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Butterfly	2:50.68	2:52.50	344	12/10/19	Hamble Aquatics Club Championships 2019	Waterlooville	SE193106	4
50 Backstroke	32.25	32.90	479	17/10/21	Winchester City Penguins Autumn Qualifier	Winchester	SE210839	3
100 Backstroke	1:12.38	1:13.50	436	25/07/21	Hamble Aquatics Swim Team	West Hill Park	LEX3565	0
200 Backstroke	2:40.56	2:42.60	406	24/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	SE181888	3
200 Individual Medley	2:36.34	2:38.80	473	17/10/21	Winchester City Penguins Autumn Qualifier	Winchester	SE210839	3
400 Individual Medley	5:35.66	5:40.90	459	11/10/19	Hamble Aquatics Club Championships 2019	Waterlooville	SE193106	4
100 Individual Medley	1:16.88	1:16.90	397	23/09/18	Littlehampton S.C. County Qualifier Meet 2018	Bognor Regis	SE180849	3