

# Individual Best Times (All Time)

**Marcie Aley - (1135673) - Braintree & Bocking SC**

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                             | Venue    | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--------------------------------------------------|----------|----------|-------|
| 50 Freestyle          | 31.60    | 30.90           | 417       | 01/02/20 | Essex Age Group Championships 2020               | London   | ER200176 | 1     |
| 100 Freestyle         | 1:08.91  | 1:07.70         | 422       | 02/02/20 | Essex Age Group Championships 2020               | Basildon | ER200177 | 1     |
| 200 Freestyle         | 2:30.43  | 2:28.10         | 422       | 13/04/19 | Newham & East London L1 National Qualifying Meet | London   | LR190189 | 1     |
| 400 Freestyle         | 5:18.09  | 5:13.60         | 405       | 03/04/22 | SE East Region Development Competition 2022      | Norwich  | ER220676 | 1     |
| 800 Freestyle         | 11:39.73 | 11:31.40        | 332       | 24/03/18 | Team Luton March Long Course Meet 2018           | Luton    | ER180343 | 1     |
| 50 Breaststroke       | 38.52    | 37.70           | 433       | 02/02/19 | ESSEX AGE GROUP CHAMPS 2019                      | LONDON   | ER190209 | 1     |
| 100 Breaststroke      | 1:28.18  | 1:26.70         | 384       | 30/03/19 | Team Luton March Open Meet                       | Luton    | ER190183 | 1     |
| 200 Breaststroke      | 3:09.21  | 3:06.40         | 384       | 01/03/20 | Essex Age Group Championships 2020               | Basildon | ER200175 | 1     |
| 50 Butterfly          | 37.83    | 37.30           | 269       | 02/02/19 | ESSEX AGE GROUP CHAMPS 2019                      | LONDON   | ER190209 | 1     |
| 50 Backstroke         | 37.61    | 37.10           | 364       | 01/02/20 | Essex Age Group Championships 2020               | London   | ER200176 | 1     |
| 100 Backstroke        | 1:20.15  | 1:19.10         | 365       | 15/02/20 | Essex Age Group Championships 2020               | Basildon | ER200178 | 1     |
| 200 Backstroke        | 2:56.67  | 2:54.80         | 338       | 18/02/18 | Essex Age Group Championships 2018               | Basildon | ER180157 | 1     |
| 200 Individual Medley | 2:53.15  | 2:50.90         | 386       | 14/04/19 | Newham & East London L1 National Qualifying Meet | London   | LR190189 | 1     |
| 400 Individual Medley | 6:03.36  | 5:58.50         | 391       | 29/02/20 | Essex Age Group Championships 2020               | Basildon | ER200175 | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                              | Venue          | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------------|----------------|----------|-------|
| 50 Freestyle          | 30.05    | 30.70           | 444       | 16/07/23 | Colchester Summer Spectacular Development Meet 23 | Braintree      | ER230754 | 3     |
| 100 Freestyle         | 1:04.96  | 1:06.20         | 462       | 01/10/23 | Braintree & Bocking SC Club Champs 2023           | Braintree      | ER231640 | 4     |
| 200 Freestyle         | 2:23.08  | 2:25.50         | 458       | 24/11/19 | BBSC & DASC Christmas Cracker 2019                | Braintree      | ER192686 | 3     |
| 400 Freestyle         | 4:59.54  | 5:04.20         | 460       | 27/09/19 | BBSC Club Championships 2019                      | Braintree      | ER192253 | 4     |
| 800 Freestyle         | 10:48.13 | 10:57.00        | 399       | 05/10/18 | BBSC Club Championships 2018                      | Braintree      | ER181234 | 4     |
| 1500 Freestyle        | 20:14.02 | 20:30.90        | 418       | 04/10/19 | BBSC Club Championships 2019                      | Braintree      | ER192241 | 4     |
| 50 Breaststroke       | 38.55    | 39.40           | 398       | 15/07/23 | Colchester Summer Spectacular Development Meet 23 | Braintree      | ER230754 | 3     |
| 100 Breaststroke      | 1:23.43  | 1:24.90         | 417       | 28/05/21 | Braintree and Bocking                             | Braintree LC   | LEX1394  | 0     |
| 200 Breaststroke      | 2:57.90  | 3:00.80         | 432       | 20/10/19 | Essex Senior Winter Champs                        | Basildon       | ER191968 | 2     |
| 50 Butterfly          | 34.52    | 35.10           | 352       | 01/10/23 | Braintree & Bocking SC Club Champs 2023           | Braintree      | ER231640 | 4     |
| 100 Butterfly         | 1:27.40  | 1:28.30         | 236       | 06/10/19 | BBSC Club Championships 2019                      | Braintree      | ER192241 | 4     |
| 200 Butterfly         | 3:27.41  | 3:28.90         | 191       | 07/10/18 | BBSC Club Championships 2018                      | Braintree      | ER181235 | 4     |
| 50 Backstroke         | 35.10    | 35.70           | 372       | 06/10/19 | BBSC Club Championships 2019                      | Braintree      | ER192241 | 4     |
| 100 Backstroke        | 1:14.66  | 1:15.70         | 397       | 10/06/21 | Braintree and Bocking                             | Braintree      | LEX1704  | 0     |
| 200 Backstroke        | 2:41.38  | 2:43.40         | 400       | 29/09/19 | BBSC Club Championships 2019                      | Braintree      | ER192253 | 4     |
| 200 Individual Medley | 2:43.51  | 2:45.90         | 413       | 11/11/23 | National Arena Swimming League - London 2023      | Aqua Vale S&FC | ER231477 | 3     |
| 400 Individual Medley | 5:43.50  | 5:48.60         | 428       | 19/10/19 | Essex Senior Winter Champs                        | Basildon       | ER191968 | 2     |
| 100 Individual Medley | 1:16.60  | 1:16.60         | 401       | 26/09/21 | Braintree & Bocking Club Championships 2021       | Braintree      | ER210552 | 4     |