

Individual Best Times (All Time)

Olivia Aldred - (1155217) - Team Waveney Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.73	29.00	500	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Freestyle	1:06.38	1:05.10	472	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
800 Freestyle	10:45.09	10:36.10	424	20/01/18	Norfolk County Championships 2018	Norwich	ER180290	1
50 Breaststroke	41.67	40.90	342	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
100 Breaststroke	1:39.73	1:38.50	265	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	ER161254	3
100 Butterfly	1:33.09	1:32.30	211	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	ER161254	3
50 Backstroke	32.92	32.30	543	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
100 Backstroke	1:10.58	1:09.40	535	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Backstroke	2:42.01	2:39.90	439	26/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
200 Individual Medley	2:46.52	2:44.10	434	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	ER170311	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	496	30/03/19	LOBSC March Open Meet	Waterlane LC	ER191301	3
100 Freestyle	1:03.54	1:04.80	494	16/03/19	BPSC Regional County Qualifier 2019	Basildon	ER190185	3
200 Freestyle	2:21.43	2:23.90	474	14/10/18	LOBSC CLUB CHAMPIONSHIPS 2018	WATERLANE	ER182445	4
400 Freestyle	5:03.58	5:08.20	442	25/11/17	LOBSC Club Championships	Waterlane LC	ER172484	4
800 Freestyle	10:34.30	10:43.40	426	30/09/17	LOBSC Satisfaction Open Meet	Lowestoft	ER171199	3
1500 Freestyle	21:12.85	21:29.00	363	12/10/18	LOBSC CLUB CHAMPIONSHIPS 2018	WATERLANE	ER182444	4
50 Breaststroke	39.79	40.60	362	29/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
100 Breaststroke	1:26.53	1:28.00	374	03/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
200 Breaststroke	3:23.33	3:25.90	289	03/12/16	Great Yarmouth Winter Wipeout 2016	Norwich	ER161917	3
50 Butterfly	34.84	35.40	342	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Butterfly	1:25.73	1:26.60	250	24/09/19	Lowestoft and Outon Broad Club Championships 2019	Waterlane	ER193046	4
50 Backstroke	32.31	32.90	477	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Backstroke	1:09.71	1:10.90	488	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Backstroke	2:33.60	2:35.80	464	17/03/19	BPSC Regional County Qualifier 2019	Basildon	ER190185	3
200 Individual Medley	2:44.40	2:46.80	407	19/11/17	UEA Norwich November Short Course Open Meet	Norwich	ER171484	3
400 Individual Medley	5:55.90	6:00.80	385	29/11/17	LOBSC Club Championships	Waterlane LC	ER172485	4
100 Individual Medley	1:14.53	1:14.50	435	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2