

Individual Best Times (All Time)

Millicent Ayling - (1365904) - Southwark Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.53	31.90	382	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Freestyle	1:11.54	1:10.40	377	26/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Freestyle	2:37.71	2:35.50	366	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
50 Breaststroke	42.26	41.50	328	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Breaststroke	1:35.29	1:34.00	304	25/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
200 Breaststroke	3:26.52	3:23.90	295	26/01/20	Surrey Age Group Championships 2020	Surrey	LR200259	1
50 Butterfly	38.85	38.40	248	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Butterfly	1:42.24	1:41.50	159	14/10/18	BWFSC County Qualifier Meet 2018	London	LR182148	3
50 Backstroke	38.87	38.30	329	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Backstroke	1:30.95	1:30.10	250	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
200 Individual Medley	3:14.15	3:12.10	274	14/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.71	33.30	344	14/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
100 Freestyle	1:10.27	1:11.50	365	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
200 Freestyle	2:30.49	2:32.80	393	08/03/20	OOJS & EDSC Spring Charity Meet 2020	Crook Log	LR200297	3
50 Breaststroke	41.68	42.40	315	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
100 Breaststroke	1:31.82	1:33.20	313	14/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
200 Breaststroke	3:16.48	3:19.20	321	24/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
50 Butterfly	38.70	39.20	250	14/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
100 Butterfly	1:29.76	1:30.60	218	24/11/19	Atlantis Christmas Cracker 2019	Horsham	SE190351	3
50 Backstroke	39.06	39.60	270	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
100 Backstroke	1:24.57	1:25.50	273	29/10/20	Southwark Aquatics	Elephant & Castle LC	LEX144	0
200 Individual Medley	3:03.72	3:05.90	291	23/06/19	Saxon Crown Future Champs	Glass Mill LC	LR191256	3
100 Individual Medley	1:35.86	1:35.90	204	15/07/18	S&C Summer Time Splash	Westcroft LC	LR181081	4