

Individual Best Times (All Time)

Arlo Hems Gillson - (1473860) - Repton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.40	29.70	325	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	1:05.56	1:04.30	365	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:19.14	2:16.60	393	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:59.44	4:54.70	396	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
800 Freestyle	10:25.78	10:16.50	377	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Breaststroke	45.78	45.10	182	11/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
100 Breaststroke	1:56.32	1:55.20	116	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
50 Butterfly	33.64	33.10	290	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Butterfly	1:15.44	1:14.40	281	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Butterfly	2:48.16	2:46.30	282	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
50 Backstroke	37.37	36.80	250	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Backstroke	1:22.60	1:21.60	243	17/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
200 Backstroke	3:08.45	3:06.70	209	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Individual Medley	2:46.47	2:44.10	321	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
400 Individual Medley	6:02.27	5:57.40	299	10/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.72	30.40	312	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Freestyle	1:07.66	1:08.90	291	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
200 Freestyle	2:26.59	2:28.90	311	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
400 Freestyle	5:15.70	5:20.10	303	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
800 Freestyle	10:40.09	10:49.10	332	07/10/23	Derbyshire ASA County SC Champs 2023 Distance Day	Repton	EM231374	3
50 Breaststroke	43.94	44.70	183	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
100 Breaststroke	1:40.58	1:41.80	166	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
200 Breaststroke	3:21.36	3:24.00	212	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
50 Butterfly	35.19	35.70	236	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Butterfly	1:20.24	1:21.20	211	29/10/23	Belper Marlin The Ghoul in the Pool 2023	Matlock	EM231814	3
200 Butterfly	2:52.79	2:54.60	236	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
50 Backstroke	36.72	37.30	218	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Backstroke	1:20.36	1:21.40	217	29/10/23	Belper Marlin The Ghoul in the Pool 2023	Matlock	EM231814	3
200 Backstroke	2:46.13	2:48.10	257	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
200 Individual Medley	2:51.45	2:53.70	261	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
100 Individual Medley	1:20.96	1:21.00	225	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4