

# Individual Best Times (All Time)

Orla Eyton-Jones - (1143414) - Corby ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.09	28.40	534	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:04.72	1:03.40	510	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
200 Freestyle	2:16.11	2:13.50	569	25/05/24	City of Sheffield SS No Frills 2024	Sheffield	NE240260	3
400 Freestyle	4:59.23	4:54.50	486	11/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
800 Freestyle	10:03.85	9:54.20	517	30/03/24	SE EM Distance Time Trial 2024	Loughborough	EM240722	1
1500 Freestyle	19:44.84	19:27.30	468	20/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240155	1
50 Breaststroke	38.38	37.60	438	10/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
100 Breaststroke	1:26.16	1:24.70	412	11/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
200 Breaststroke	3:06.60	3:03.70	400	29/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
50 Butterfly	31.89	31.30	449	28/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
100 Butterfly	1:10.67	1:09.60	483	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
200 Butterfly	2:52.69	2:50.80	350	03/12/22	CASC NV & Rushden 200/400m Club Champs 2022	Corby	EM221908	4
50 Backstroke	33.34	32.70	522	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Backstroke	1:10.25	1:09.10	543	26/05/24	City of Sheffield SS No Frills 2024	Sheffield	NE240260	3
200 Backstroke	2:32.62	2:30.40	525	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Individual Medley	2:36.03	2:33.50	528	11/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
400 Individual Medley	5:30.53	5:25.20	520	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.86	29.60	501	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
100 Freestyle	1:02.75	1:04.10	513	21/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
200 Freestyle	2:12.80	2:15.40	573	30/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
400 Freestyle	4:55.64	5:00.40	478	16/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
800 Freestyle	10:15.53	10:24.90	466	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Breaststroke	37.42	38.30	435	21/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
100 Breaststroke	1:26.88	1:28.30	369	19/06/21	Corby Amateur	Corby	LEX2060	0
200 Breaststroke	3:19.33	3:22.00	307	09/03/19	Rugby Open Meet 2019	Rugby	WM190439	3
50 Butterfly	32.15	32.70	436	21/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
100 Butterfly	1:13.60	1:14.60	396	12/03/22	Rugby SC Open 2022	Rugby	WM220140	3
200 Butterfly	2:42.82	2:44.80	396	20/05/23	Hinckley SC Open Meet 2023	Hinckley	EM230555	3
50 Backstroke	32.48	33.10	469	16/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
100 Backstroke	1:08.98	1:10.10	503	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
200 Backstroke	2:29.23	2:31.40	506	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
200 Individual Medley	2:29.78	2:32.40	538	30/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
400 Individual Medley	5:25.66	5:31.00	502	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
100 Individual Medley	1:10.91	1:10.90	506	30/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3