Individual Best Times (All Time)

Sarah Lloyd - (1363139) - Southwold Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.01	34.40	306	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Freestyle	1:11.81	1:10.60	373	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
200 Freestyle	2:39.29	2:37.10	355	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
400 Freestyle	5:31.21	5:26.90	358	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
800 Freestyle	11:32.14	11:23.70	343	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
1500 Freestyle	22:28.01	22:12.60	318	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
50 Breaststroke	45.37	44.70	265	15/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
100 Breaststroke	1:43.85	1:42.60	235	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Breaststroke	3:30.24	3:27.70	280	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Butterfly	36.39	35.90	302	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
100 Butterfly	1:30.73	1:29.90	228	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	39.11	38.60	323	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
100 Backstroke	1:24.32	1:23.40	314	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
200 Backstroke	2:59.86	2:58.00	320	18/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230118	1
200 Individual Medley	4:02.48	4:00.80	140	20/10/19	Neath ASC Open Meet	Swansea	WL191710	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.79	33.40	341	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Freestyle	1:11.18	1:12.30	351	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
200 Freestyle	2:33.44	2:35.70	371	30/04/23	Spring Open Meet 2023	Newport	WL230128	2
400 Freestyle	5:19.73	5:24.10	378	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
800 Freestyle	10:58.69	11:07.40	380	15/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
1500 Freestyle	21:55.90	22:11.50	328	13/11/22	Gloucester County ASA Distance Meet 2022	Bristol	SW222111	3
50 Breaststroke	42.07	42.80	306	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Breaststroke	1:32.40	1:33.80	307	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
200 Breaststroke	3:18.19	3:20.80	313	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
50 Butterfly	36.43	36.90	299	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Butterfly	1:23.41	1:24.30	272	23/09/22	Bristol North SC 42nd Anniversary Junior Open Meet	Hutton Moore LC	SW220629	3
200 Butterfly	3:29.89	3:31.40	185	29/04/23	Spring Open Meet 2023	Newport	WL230128	2
50 Backstroke	37.56	38.10	303	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
100 Backstroke	1:20.01	1:21.00	322	27/05/23	Southwold ASC May L3 Meet 2023	Gloucester	SW230625	3
200 Backstroke	2:52.35	2:54.30	328	19/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3
200 Individual Medley	2:56.46	2:58.70	329	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
400 Individual Medley	6:19.54	6:24.20	317	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Individual Medley	1:21.53	1:21.50	332	18/05/24	Southwold May L3 Meet 2024	Gloucester	SW240646	3