

# Individual Best Times (All Time)

Millie Holloway - (1402639) - Southwold Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.53	30.90	419	31/01/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Freestyle	1:10.59	1:09.40	393	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Breaststroke	43.68	43.00	297	01/02/22	Gloucester County Championships 2022	Hengrove LC	SW220074	1
100 Breaststroke	1:38.69	1:37.40	274	30/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
50 Butterfly	35.67	35.10	321	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
50 Backstroke	37.79	37.30	359	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
100 Backstroke	1:24.81	1:23.90	308	02/02/22	Gloucester County Championships 2022 Heats	Hengrove LC	SW220072	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.27	31.00	434	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Freestyle	1:08.10	1:09.30	401	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
50 Breaststroke	41.89	42.60	310	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Breaststroke	1:33.18	1:34.50	299	15/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
50 Butterfly	33.78	34.30	375	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
50 Backstroke	35.11	35.70	371	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser	SW221561	2
100 Backstroke	1:20.68	1:21.70	314	28/05/22	Southwold ASC May L3 Meet	Gloucester	SW220635	3
100 Individual Medley	1:22.36	1:22.40	323	28/05/22	Southwold ASC May L3 Meet	Gloucester	SW220635	3