

Individual Best Times (All Time)

Erin Lovelock - (1519090) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.04	1:17.00	290	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	5:53.85	5:49.80	294	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Breaststroke	1:40.18	1:38.90	262	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:38.73	3:36.30	248	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Butterfly	38.14	37.60	262	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:28.29	1:27.40	248	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Butterfly	3:22.30	3:20.70	218	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Individual Medley	3:22.09	3:20.10	243	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
400 Individual Medley	6:43.38	6:39.00	286	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.56	34.20	318	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
100 Freestyle	1:15.07	1:16.20	299	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Freestyle	2:39.72	2:41.90	329	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
400 Freestyle	6:09.87	6:13.70	244	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221172	4
800 Freestyle	11:45.53	11:53.70	309	13/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
1500 Freestyle	23:01.88	23:16.80	283	22/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230423	3
50 Breaststroke	47.01	47.70	219	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
100 Breaststroke	1:39.50	1:40.80	246	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:42.06	3:44.40	222	16/07/23	West Norfolk Club Championships 2023	Downham Market	ER231202	4
50 Butterfly	38.13	38.60	261	30/09/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Butterfly	1:24.67	1:25.60	260	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Butterfly	3:14.24	3:15.90	233	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	42.85	43.30	204	20/05/23	West Norfolk SC Club Development Gala 2023	Kings Lynn	ER230256	4
100 Backstroke	1:30.86	1:31.70	220	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Backstroke	3:21.65	3:23.30	205	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221172	4
200 Individual Medley	3:04.71	3:06.80	287	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
400 Individual Medley	6:38.98	6:43.40	273	14/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
100 Individual Medley	1:35.02	1:35.00	210	26/02/23	Norfolk ASA Warwick Thompson Memorial Gala 2023	Thetford	ER230408	3