

Individual Best Times (All Time)

Toby Holland - (1577632) - Altrincham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.42	31.80	268	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Freestyle	1:13.21	1:12.10	262	05/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
200 Freestyle	2:30.72	2:28.40	309	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
400 Freestyle	5:30.46	5:26.20	295	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
800 Freestyle	10:49.81	10:40.80	336	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Butterfly	36.02	35.50	236	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Butterfly	1:45.35	1:44.60	103	19/03/22	Richmond Dales ASC April Fool Gala	Leeds	NE220118	3
50 Backstroke	35.41	34.80	294	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Backstroke	1:13.26	1:12.20	349	28/04/24	SENW Regional Summer Championships 2024	Manchester	NW240305	1
200 Backstroke	2:39.80	2:37.70	343	05/05/24	SENW Regional Summer Championships 2024	Manchester	NW240306	1
200 Individual Medley	2:52.87	2:50.60	286	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.88	31.50	278	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Freestyle	1:07.70	1:08.90	290	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Freestyle	2:23.98	2:26.40	328	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
400 Freestyle	5:34.19	5:38.40	256	12/06/23	Altrincham SC Distance Championships 2023	St Ambrose College	NW231428	4
800 Freestyle	10:39.41	10:48.40	333	05/12/23	Altrincham SC Distance County Qualifier 2023	Altrincham	NW232592	4
1500 Freestyle	20:40.59	20:57.10	318	03/12/23	Altrincham SC Distance County Qualifier 2023	Altrincham	NW232615	4
50 Breaststroke	44.50	45.20	176	09/06/24	Altrincham SC Pointscore 2 2024	Altrincham	NW240968	4
100 Breaststroke	1:42.17	1:43.40	158	21/05/23	Altrincham SC Pointscore 3 2023	Altrincham	NW230632	4
200 Breaststroke	3:36.68	3:39.10	170	19/11/23	Altrincham SC Pointscore 6 2023	Altrincham	NW232383	4
50 Butterfly	35.10	35.60	237	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Butterfly	1:20.67	1:21.60	207	09/06/24	Altrincham SC Pointscore 2 2024	Altrincham	NW240968	4
200 Butterfly	3:43.14	3:44.60	109	26/02/23	Altrincham SC Pointscore 2 2023	Altrincham	NW230631	4
50 Backstroke	33.50	34.10	287	23/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241382	4
100 Backstroke	1:12.27	1:13.40	299	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Backstroke	2:35.13	2:37.30	315	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Individual Medley	2:59.34	3:01.50	228	07/10/23	Bolton & Central Manchester S&WPA Autumn Meet 2023	Wigan	NW231622	3
400 Individual Medley	6:24.69	6:29.20	227	12/06/23	Altrincham SC Distance Championships 2023	St Ambrose College	NW231431	4
100 Individual Medley	1:19.73	1:19.70	236	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3