

Individual Best Times (All Time)

Martha More - (1649802) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.94	37.40	240	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:31.11	1:30.20	182	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	3:06.69	3:04.80	220	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	53.53	52.90	161	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Breaststroke	1:53.68	1:52.60	179	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	4:05.70	4:03.50	175	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	47.98	47.60	132	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:47.46	1:46.70	137	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	48.39	48.00	171	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:37.84	1:37.00	201	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:32.56	3:30.70	208	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	39.80	40.30	191	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:29.79	1:30.70	175	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	3:12.99	3:14.80	186	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	54.12	54.70	144	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	2:07.63	2:08.60	116	29/10/23	Dereham & District ASC Halloween Mini Meet 2023	Dereham	ER230658	4
200 Breaststroke	4:06.41	4:08.60	162	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
50 Butterfly	49.17	49.60	121	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:50.53	1:51.20	116	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	45.17	45.60	174	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:52.75	1:53.50	115	14/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
200 Backstroke	3:34.84	3:36.40	169	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Individual Medley	3:59.09	4:00.70	132	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Individual Medley	1:39.16	1:39.20	185	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3