

# Individual Best Times (All Time)

Miriam Valaine - (1701065) - Barking & Dagenham Aquatics Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.23	40.70	187	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Freestyle	1:36.10	1:35.20	155	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Breaststroke	54.99	54.40	149	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Butterfly	47.16	46.80	139	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Butterfly	1:48.22	1:47.50	134	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	49.70	49.30	157	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.97	39.50	203	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
100 Freestyle	1:26.29	1:27.30	197	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
50 Breaststroke	53.33	53.90	150	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
100 Breaststroke	1:57.23	1:58.30	150	26/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
50 Butterfly	47.12	47.50	138	17/06/23	Basildon & Phoenix Dave Warriner Sprint Meet 2023	Basildon	ER231037	3
100 Butterfly	1:49.80	1:50.50	119	25/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
50 Backstroke	47.77	48.20	147	26/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
100 Backstroke	1:39.76	1:40.60	166	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3