

Individual Best Times (All Time)

Aimee Richards - (414502) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.15	28.40	531	20/12/14	Northampton Winter Festival Meet	Corby	EM14228	1
100 Freestyle	1:02.56	1:01.20	564	08/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
200 Freestyle	2:13.41	2:10.80	605	15/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1
400 Freestyle	4:37.79	4:32.70	608	08/02/15	Derventio Excel February Festival	Sheffield	EM150033	1
800 Freestyle	9:31.06	9:20.90	611	19/12/14	Northampton Winter Festival Meet	Corby	EM14228	1
50 Breaststroke	46.13	45.40	252	28/08/11	Worksop Dolphins 27th Dukeries Open Meet	Sheffield	EM1320	4
100 Breaststroke	1:31.31	1:29.90	346	01/12/12	City of Sheffield Snow Frills Gala	Sheffield	NE2147	3
200 Breaststroke	3:10.42	3:07.60	376	29/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	EM2075	1
100 Butterfly	1:22.16	1:21.20	307	29/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	EM2075	1
200 Butterfly	2:56.58	2:54.80	328	12/01/13	City of Derby 12th Long Course Open Meet	Sheffield	EM3034	1
50 Backstroke	39.33	38.80	318	28/08/11	Worksop Dolphins 27th Dukeries Open Meet	Sheffield	EM1320	4
100 Backstroke	1:14.26	1:13.20	460	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	NE3171	1
200 Backstroke	2:32.13	2:29.90	530	15/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
200 Individual Medley	2:35.76	2:33.20	530	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
400 Individual Medley	5:35.24	5:30.00	498	09/02/13	Derventio February Festival	Sheffield	EM3053	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.98	29.70	495	01/03/14	Nottinghamshire ASA BG Age Group Champs	Mansfield	CC4034	2
100 Freestyle	1:00.48	1:01.80	573	01/03/15	Nottinghamshire County Championships	Nottingham	CC150385	2
200 Freestyle	2:10.80	2:13.40	599	02/03/14	Nottinghamshire ASA BG Age Group Champs	Mansfield	CC4034	2
400 Freestyle	4:30.42	4:35.60	625	16/03/14	Nottinghamshire County Championships	Nottingham	CC4035	2
800 Freestyle	9:20.88	9:31.10	616	28/02/15	Nottinghamshire County Championships	Nottingham	CC150385	2
50 Breaststroke	41.25	42.00	325	23/03/13	Nottinghamshire ASA County Championships	Mansfield	CC3029	2
100 Breaststroke	1:26.55	1:28.00	374	03/03/13	Nottinghamshire County Championships	Nottingham	CC3026	2
200 Breaststroke	3:02.28	3:05.20	402	16/03/13	Nottinghamshire County Championships	Retford	CC3028	2
50 Butterfly	32.52	33.10	421	02/03/14	Nottinghamshire ASA BG Age Group Champs	Mansfield	CC4034	2
100 Butterfly	1:16.26	1:17.30	356	23/03/13	Nottinghamshire ASA County Championships	Mansfield	CC3029	2
50 Backstroke	33.89	34.50	413	01/03/14	Nottinghamshire ASA BG Age Group Champs	Mansfield	CC4034	2
100 Backstroke	1:11.29	1:12.40	456	20/10/13	BG ASA National County Team Division 1	Sheffield	ASA130	2
200 Backstroke	2:25.87	2:28.10	542	28/02/15	Nottinghamshire County Championships	Nottingham	CC150385	2
200 Individual Medley	2:34.73	2:37.30	488	04/10/14	Derventio Excel Open Meet	Matlock	EM4931	2
400 Individual Medley	5:23.90	5:29.30	510	01/03/14	Nottinghamshire ASA BG Age Group Champs	Mansfield	CC4034	2
100 Individual Medley	1:12.42	1:12.40	475	14/02/15	Nottinghamshire County Championships	Nottingham	CC150384	2