

Individual Best Times (All Time)

Oliver Coles - (437617) - Hornchurch SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.73	27.00	428	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:00.57	59.20	463	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:16.00	2:13.40	421	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Butterfly	30.67	30.00	382	03/05/14	London Region Youth Championships 2014	London	LRX409	1
100 Butterfly	1:07.10	1:06.00	400	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
200 Butterfly	2:41.54	2:39.60	318	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Backstroke	49.17	48.80	109	22/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
100 Backstroke	1:37.92	1:37.10	146	14/06/09	London Bagcat Champs	London	LRX925	1
200 Backstroke	3:20.89	3:19.20	172	06/06/09	London Region Age Groups	Crystal Palace	LRX924	1
200 Individual Medley	3:28.71	3:26.80	162	06/06/09	London Region Age Groups	Crystal Palace	LRX924	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.16	27.90	408	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Freestyle	58.63	1:00.00	447	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
200 Freestyle	2:10.51	2:13.10	441	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3
400 Freestyle	5:32.89	5:37.10	259	07/11/10	Romford Town 3th Open Meet	Enfield	LR0749	3
50 Breaststroke	38.37	39.20	274	18/07/15	Romford Town Open Meet 2015	Braintree	LR150981	3
200 Breaststroke	3:42.63	3:45.00	157	24/04/10	Boro Redbridge Sprint Meet	Barkingside	LR0008	3
50 Butterfly	29.69	30.30	393	01/10/16	Romford Town David Jacobs 6th Memorial Gala	Basildon	LR161038	3
100 Butterfly	1:06.96	1:08.10	363	30/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
200 Butterfly	2:28.60	2:30.70	371	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
50 Backstroke	33.31	33.90	292	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	1:08.94	1:10.10	344	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
200 Backstroke	2:43.63	2:45.70	269	12/05/13	Thurrock SC One Day Regional Meet	Thurrock	ER3289	3
200 Individual Medley	2:27.29	2:29.90	412	29/11/14	Essex Senior Junior Championships	Basildon	ER4970	2
400 Individual Medley	6:43.11	6:47.50	197	08/01/11	London Borough of Redbridge Winter Meet	Ilford	LR1003	2
100 Individual Medley	1:09.20	1:09.20	361	18/07/15	Romford Town Open Meet 2015	Braintree	LR150981	3