

Individual Best Times (All Time)

Oliver Paul - (512512) - Cheltenham S & W P Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.51	28.80	355	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
100 Freestyle	1:07.28	1:06.00	337	18/11/12	Welsh Capital Open Meet 2012	Cardiff	WAL462	1
200 Freestyle	2:25.46	2:23.10	344	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
50 Butterfly	30.80	30.20	378	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
50 Backstroke	36.60	36.00	266	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
100 Backstroke	1:21.08	1:20.10	257	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
200 Individual Medley	2:53.82	2:51.50	282	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.42	28.20	397	07/02/15	Gloucestershire County Championships	Gloucester	CC150225	2
100 Freestyle	1:00.30	1:01.70	411	08/03/15	Gloucestershire County Championships	Gloucester	CC150226	2
200 Freestyle	2:13.93	2:16.50	408	21/03/15	Gloucestershire County Championships	Gloucester	CC150227	2
400 Freestyle	5:11.24	5:15.70	317	05/10/13	Gloucester City SC Level 3 Open Meet	Gloucester	SW3691	3
50 Breaststroke	42.65	43.40	200	05/07/15	ASA South West Fast 5 Competition	Gloucester	SW150324	3
100 Breaststroke	1:40.34	1:41.60	167	06/10/12	Gloucester City Level 3 Open Meet	Gloucester	SW2675	3
200 Breaststroke	4:20.97	4:23.00	97	20/06/10	Gloucester City Open Meet	Gloucester	SW0235	3
50 Butterfly	31.05	31.70	343	07/02/15	Gloucestershire County Championships	Gloucester	CC150225	2
50 Backstroke	34.55	35.10	262	05/07/15	ASA South West Fast 5 Competition	Gloucester	SW150324	3
100 Backstroke	1:23.28	1:24.20	195	07/10/12	Gloucester City Level 3 Open Meet	Gloucester	SW2675	3
200 Backstroke	3:00.37	3:02.20	200	06/10/12	Gloucester City Level 3 Open Meet	Gloucester	SW2675	3
200 Individual Medley	3:05.79	3:07.90	205	06/10/12	Gloucester City Level 3 Open Meet	Gloucester	SW2675	3
100 Individual Medley	1:18.68	1:18.70	245	05/07/15	ASA South West Fast 5 Competition	Gloucester	SW150324	3