

Individual Best Times (All Time)

Heather Mills - (801437) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
400 Freestyle	5:31.57	5:27.30	357	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
800 Freestyle	12:17.83	12:09.90	283	16/02/13	Norfolk County ASA Champs & Age Group	Norwich	CC3074	1
100 Butterfly	1:21.12	1:20.20	319	07/01/18	Norfolk County Championships 2018	Norwich	ER180288	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.22	33.80	328	17/06/17	Norfolk County Challenge 2017	Thetford	ER171264	3
100 Freestyle	1:10.83	1:12.00	357	17/06/17	Norfolk County Challenge 2017	Thetford	ER171264	3
200 Freestyle	2:29.92	2:32.20	398	18/06/17	Norfolk County Challenge 2017	Thetford	ER171264	3
400 Freestyle	5:14.45	5:18.90	397	04/12/16	Great Yarmouth Winter Wipeout 2016	Norwich	ER161917	3
800 Freestyle	10:35.84	10:44.90	423	10/07/18	Norwich Swan Club Championships 2018	Wymondham LC	ER181470	4
1500 Freestyle	20:32.59	20:49.20	400	07/07/18	Norwich Swan Club Championships 2018	Wymondham LC	ER181469	4
50 Breaststroke	1:01.13	1:01.60	99	17/06/12	Norfolk County ASC Challenge Gala	Dereham	ER2439	3
100 Breaststroke	1:51.53	1:52.70	174	04/07/15	Norwich Swan Club Championships 2015	Thetford	ER151223	4
200 Breaststroke	3:50.98	3:53.30	197	11/07/15	Norwich Swan Club Championships 2015	Dereham	ER151225	4
50 Butterfly	34.87	35.40	341	08/07/17	Norwich Swan Club Championships	Wymondham	ER171392	4
100 Butterfly	1:16.79	1:17.80	348	01/10/17	Iceni Level 3 Open Meet 2017	Dereham	ER171012	3
200 Butterfly	2:51.12	2:53.00	341	04/12/16	Great Yarmouth Winter Wipeout 2016	Norwich	ER161917	3
50 Backstroke	37.98	38.50	293	25/06/17	Warwick Thompson Memorial Gala 2017	Thetford	ER171265	3
100 Backstroke	1:23.63	1:24.60	282	25/06/17	Warwick Thompson Memorial Gala 2017	Thetford	ER171265	3
200 Backstroke	2:53.52	2:55.40	322	24/06/17	Warwick Thompson Memorial Gala 2017	Thetford	ER171265	3
200 Individual Medley	3:05.79	3:07.90	282	04/07/15	Norwich Swan Club Championships 2015	Thetford	ER151223	4
400 Individual Medley	6:23.28	6:27.80	308	09/07/16	Norwich Swan Club Championships	Wymondham	ER161288	4
100 Individual Medley	1:29.65	1:29.70	250	18/07/15	Norwich Swan Club Championships 2015	Norwich	ER151226	4