

Individual Best Times (All Time)

Oliver Langford - (857081) - Bedford Swim Squad

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|-------|----------|-------|
| 50 Freestyle | 27.37 | 26.60 | 445 | 05/02/17 | Bedfordshire ASA 2017 Age Group & County Champs | Luton | ER170119 | 1 |
| 100 Freestyle | 1:00.47 | 59.10 | 465 | 05/02/17 | Bedfordshire ASA 2017 Age Group & County Champs | Luton | ER170119 | 1 |
| 50 Butterfly | 31.18 | 30.60 | 364 | 07/03/15 | Bedfordshire ASA County Championships | Luton | CC150189 | 1 |
| 50 Backstroke | 30.33 | 29.70 | 468 | 29/01/17 | Bedfordshire ASA 2017 Age Group & County Champs | Luton | ER170118 | 1 |
| 100 Backstroke | 1:05.07 | 1:03.80 | 498 | 04/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 200 Backstroke | 2:21.92 | 2:19.60 | 490 | 03/05/15 | ASA East Region Summer Championships Weekend 1 | Luton | ER150672 | 1 |
| 200 Individual Medley | 2:31.32 | 2:28.70 | 427 | 13/02/16 | Bedfordshire Age Group & County Champs | Luton | ER160102 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------------|----------|-------|
| 50 Freestyle | 27.20 | 28.00 | 407 | 04/10/15 | Cambridge L2 Regional & National SC Qualifier | Cambridge | ER150482 | 2 |
| 100 Freestyle | 59.37 | 1:00.80 | 430 | 01/10/16 | Modernian Golden Eagle Meet | Bletchley | ER160843 | 2 |
| 200 Freestyle | 2:12.70 | 2:15.30 | 419 | 25/01/15 | Biggleswade 16th Open Meet | Biggleswade | ER150191 | 3 |
| 400 Freestyle | 4:46.99 | 4:51.80 | 404 | 25/06/16 | CMKSC Annual End of Season Open Meet | Milton Keynes | SE160696 | 3 |
| 50 Breaststroke | 42.09 | 42.80 | 208 | 02/03/13 | Bedfordshire County Championships | Luton | CC3022 | 2 |
| 100 Breaststroke | 1:27.78 | 1:29.20 | 249 | 19/01/13 | Biggleswade SC 14th Open meet | Biggleswade | ER3081 | 3 |
| 200 Breaststroke | 3:06.83 | 3:09.60 | 266 | 20/01/13 | Biggleswade SC 14th Open meet | Biggleswade | ER3081 | 3 |
| 50 Butterfly | 30.50 | 31.10 | 362 | 18/12/16 | Modernian Last Chance County Qualifier | Bedford | ER162472 | 4 |
| 50 Backstroke | 29.55 | 30.20 | 418 | 06/11/16 | East Swimming 2016 SC Championships | Luton | ER161979 | 2 |
| 100 Backstroke | 1:02.99 | 1:04.30 | 451 | 05/11/16 | East Swimming 2016 SC Championships | Luton | ER161979 | 2 |
| 200 Backstroke | 2:14.82 | 2:17.30 | 480 | 08/11/15 | ASA East Region Winter Championships 2015 | Luton | ER151653 | 2 |
| 200 Individual Medley | 2:26.85 | 2:29.50 | 416 | 21/12/14 | City of Peterborough County Qualifier Open Meet | Peterborough | ER14344 | 3 |
| 100 Individual Medley | 1:10.12 | 1:10.10 | 347 | 23/03/14 | Bedfordshire Age Group & County Champs | Luton | CC4033 | 2 |