

Individual Best Times (All Time)

Olivia Arnold - (97001386) - Milford Haven

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	51.55	51.10	96	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
100 Freestyle	1:54.99	1:54.30	90	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3
50 Backstroke	50.74	50.30	148	09/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
100 Backstroke	2:08.28	2:07.60	89	09/07/23	Welsh Development (Youth Panel) 2023	Swansea	WL230162	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.17	43.70	149	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Freestyle	1:44.85	1:45.60	110	21/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3
200 Freestyle	3:46.33	3:47.90	115	22/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3
50 Breaststroke	1:15.34	1:15.80	53	23/04/23	Amman Valley Swimming Club No Time Gala 2023	Carmarthen	WL230687	3
50 Butterfly	56.83	57.20	78	21/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3
50 Backstroke	51.96	52.30	114	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Backstroke	1:57.57	1:58.30	101	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
200 Backstroke	4:04.95	4:06.30	114	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Individual Medley	2:05.90	2:05.90	90	22/10/23	Pembrokeshire County Swimming Championships 2023	Haverfordwest	WL231394	3