

Individual Best Times (All Time)

Alfred Stonelake - (1100235) - Ilkley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.38	28.70	360	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Freestyle	1:05.42	1:04.10	367	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
200 Freestyle	2:25.16	2:22.70	346	05/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
400 Freestyle	5:43.00	5:38.90	264	27/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
50 Breaststroke	39.94	39.10	274	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Breaststroke	1:43.97	1:42.70	163	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
200 Breaststroke	3:44.20	3:41.80	175	04/01/15	City of Leeds New Year Meet 2015	Leeds	NE150106	3
50 Butterfly	39.34	38.90	181	09/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
100 Butterfly	1:49.66	1:49.00	91	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
50 Backstroke	35.11	34.50	301	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Backstroke	1:19.48	1:18.50	273	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Backstroke	2:51.53	2:49.60	277	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
200 Individual Medley	2:56.84	2:54.60	267	27/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.37	29.10	358	09/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
100 Freestyle	1:03.79	1:05.10	347	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
200 Freestyle	2:21.91	2:24.30	343	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
400 Freestyle	5:08.56	5:13.10	325	10/12/16	City of Bradford 'Super Santa' Meet	Bradford	NE161613	3
50 Breaststroke	37.96	38.80	283	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
100 Breaststroke	1:23.42	1:24.90	291	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
200 Breaststroke	3:19.67	3:22.30	217	11/12/16	City of Bradford 'Super Santa' Meet	Bradford	NE161613	3
50 Butterfly	35.54	36.10	229	09/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
100 Butterfly	1:56.51	1:57.20	68	16/11/14	City of Leeds Winter STS Meet	Gala	NE14718	4
50 Backstroke	35.41	36.00	243	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
100 Backstroke	1:15.59	1:16.60	261	09/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
200 Backstroke	2:44.97	2:47.00	262	10/12/17	Co Bradford Jingle Bell (A B Grade)	Bradford	NE172397	3
200 Individual Medley	2:51.92	2:54.20	259	11/12/16	City of Bradford 'Super Santa' Meet	Bradford	NE161613	3
100 Individual Medley	1:41.99	1:42.00	112	16/11/13	City of Leeds Winter STS Meet	Leeds	NE3612	4