

Individual Best Times (All Time)

Alexandra Castle - (1102227) - Bracknell & Wokingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.46	28.70	514	13/04/19	Newham & East London L1 National Qualifying Meet	London	LR190189	1
100 Freestyle	1:04.40	1:03.10	517	13/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
200 Freestyle	2:21.07	2:18.60	511	27/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
800 Freestyle	10:39.85	10:30.70	434	14/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170067	1
50 Breaststroke	34.94	34.00	581	03/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Breaststroke	1:18.06	1:16.40	554	26/05/19	2019 London Swimming National Qualifier	London	LR191473	1
200 Breaststroke	2:55.06	2:52.00	485	26/05/18	Swim England South East Championships 2018	Crawley	SE181208	1
50 Butterfly	43.21	42.80	180	06/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
100 Butterfly	1:36.50	1:35.70	190	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3
50 Backstroke	36.10	35.50	411	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
100 Backstroke	1:13.85	1:12.80	467	25/01/20	BSBASA County Championships	Wycombe	SE200054	1
200 Backstroke	2:40.27	2:38.20	453	13/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
200 Individual Medley	2:38.06	2:35.50	508	06/04/19	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE190316	3
400 Individual Medley	5:54.27	5:49.30	422	12/01/20	BSBASA County Championships	Wycombe	SE200053	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.54	30.20	467	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	SE181934	2
100 Freestyle	1:04.92	1:06.20	463	20/07/19	Bracknell & Wokingham Club Championships 2019	Bracknell	SE191519	4
200 Freestyle	2:19.82	2:22.30	491	16/06/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180769	4
400 Freestyle	5:19.24	5:23.60	380	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	SE160042	2
800 Freestyle	10:01.63	10:11.20	499	05/06/18	Bracknell & Wokingham Club Distance Championships	Bracknell	SE180765	4
1500 Freestyle	18:37.63	18:55.90	536	12/06/18	Bracknell & Wokingham Club Distance Championships	Bracknell	SE180766	4
50 Breaststroke	34.58	35.50	552	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Breaststroke	1:15.73	1:17.40	558	06/10/19	Swim England National County Team Champs 2019 D1	Sheffield	ENG016	2
200 Breaststroke	2:52.83	2:55.90	472	14/07/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180770	4
50 Butterfly	31.95	32.50	444	15/12/18	Bracknell and Wokingham 2018 President's Cup	Bracknell	SE182176	4
100 Butterfly	1:17.92	1:18.90	333	14/07/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180770	4
50 Backstroke	33.03	33.60	446	07/12/19	Bracknell & Wokingham 2019 President's Cup	Bracknell	SE192425	4
100 Backstroke	1:09.65	1:10.80	489	13/10/18	NASL South Round One 2018	Bracknell	SE182182	3
200 Backstroke	2:34.99	2:37.10	451	14/07/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180770	4
200 Individual Medley	2:33.02	2:35.60	505	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	SE181934	2
400 Individual Medley	5:29.94	5:35.20	483	16/06/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180769	4
100 Individual Medley	1:13.56	1:13.60	453	16/06/18	Bracknell & Wokingham Club Championships 2018	Bracknell	SE180769	4