

Individual Best Times (All Time)

Alana Hampshire - (1146531) - Halifax SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.69	32.00	376	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
100 Freestyle	1:12.41	1:11.20	364	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
200 Freestyle	2:37.91	2:35.70	364	13/03/16	Team Jorvik Spring Festival	Leeds	NE160158	3
400 Freestyle	5:41.94	5:37.80	326	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
800 Freestyle	11:27.94	11:19.50	349	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
50 Breaststroke	42.22	41.50	329	10/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
100 Breaststroke	1:30.65	1:29.20	354	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
200 Breaststroke	3:17.34	3:14.60	338	09/04/15	KLIKK International Swimming Competition	Malta	GBR131	1
50 Butterfly	36.01	35.50	312	02/09/17	The Dukeries Open Meet 2017	Sheffield	EM170954	3
100 Butterfly	1:21.43	1:20.50	316	02/09/17	The Dukeries Open Meet 2017	Sheffield	EM170954	3
200 Butterfly	3:20.96	3:19.40	222	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Backstroke	41.12	40.60	278	29/11/14	Sheffield City B Grade Meet	Sheffield	NE4498	3
100 Backstroke	1:28.02	1:27.10	276	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
200 Individual Medley	2:55.39	2:53.10	371	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.04	32.70	366	08/07/17	City of Bradford 'Summer Sizzler' Meet 2017	Bradford	NE170998	3
100 Freestyle	1:09.11	1:10.30	384	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
200 Freestyle	2:32.80	2:35.10	376	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	NE160599	3
400 Freestyle	5:23.60	5:27.90	365	24/07/15	Halifax 400 Free Time Trials	Halifax	NE150705	4
50 Breaststroke	40.10	40.90	354	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Breaststroke	1:28.15	1:29.60	354	15/02/18	Halifax Club Galas 1-7 & Club 400m Time Trials	Halifax	NE180815	4
200 Breaststroke	3:19.67	3:22.30	306	19/07/15	City of Bradford SC End of Season Meet Level 3	Shipley	NE150916	3
50 Butterfly	35.37	35.90	327	17/06/17	Viking Sprints 2017	Leeds	NE170620	3
100 Butterfly	1:19.76	1:20.70	311	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
200 Butterfly	2:59.90	3:01.70	293	16/06/16	Halifax Club Galas & Time Trials	Halifax	NE160609	4
50 Backstroke	38.36	38.90	285	17/06/17	Viking Sprints 2017	Leeds	NE170620	3
100 Backstroke	1:21.00	1:22.00	311	07/09/17	Halifax Internal Club Galas	Halifax	NE170628	4
200 Individual Medley	2:47.94	2:50.30	382	15/12/17	Halifax Internal Club Galas	Halifax	NE170630	4
400 Individual Medley	6:00.22	6:05.10	371	22/07/16	Halifax Club Galas & Time Trials	Halifax	NE160611	4
100 Individual Medley	1:18.53	1:18.50	372	20/10/17	Halifax Internal Club Galas	Halifax	NE170629	4