

Individual Best Times (All Time)

Allana Aldhouse - (1194563) - Eastleigh SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.09	30.40	437	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:10.78	1:09.60	389	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Breaststroke	46.36	45.70	248	09/06/24	Winchester Super Summer Sprints 2024	Winchester	SE241025	3
50 Butterfly	34.23	33.70	363	26/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
100 Butterfly	1:23.98	1:23.10	288	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Backstroke	42.97	42.50	244	21/05/23	Winchester Mad May Sprints 2023	Winchester	SE230653	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.87	31.50	409	21/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
100 Freestyle	1:09.44	1:10.60	378	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
200 Freestyle	2:42.26	2:44.40	314	16/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth	SE222046	3
400 Freestyle	6:56.90	7:00.30	170	22/05/21	Eastleigh	Places Leisure	LEX1320	0
800 Freestyle	11:58.95	12:07.00	292	03/12/23	Eastleigh SC Closed Club Christmas Meet 2023	Eastleigh	SE232408	4
50 Breaststroke	44.83	45.50	253	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
100 Breaststroke	1:57.84	1:58.90	148	11/07/21	Winchester City Penguins	Winchester	LEX3312	0
50 Butterfly	34.23	34.80	361	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
100 Butterfly	1:21.61	1:22.50	290	21/10/23	Rushmoor Royals Autumn L3 SC Open Meet 2023	Aldershot	SE231697	3
200 Butterfly	3:29.46	3:31.00	186	27/11/21	Havant & Waterlooville Peter Bull Open Meet 2021	Waterlooville	SE211530	3
50 Backstroke	38.78	39.30	276	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
100 Backstroke	1:24.92	1:25.90	270	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
200 Backstroke	3:49.60	3:51.10	139	25/01/20	Winchester City Penguins Grand Prix 2020	St Swithuns School	SE200209	4
200 Individual Medley	3:38.00	3:39.80	174	28/05/21	Eastleigh	Places Leisure	LEX1453	0
100 Individual Medley	1:25.20	1:25.20	291	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3