

# Individual Best Times (All Time)

Alex Liddell - (1395396) - Backwell SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.70	25.90	480	10/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
100 Freestyle	58.93	57.50	502	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
200 Freestyle	2:15.56	2:13.00	425	24/02/24	Somerset ASA County Championships 2024	Millfield	SW240542	1
50 Breaststroke	36.51	35.60	359	09/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
100 Breaststroke	1:20.68	1:19.10	350	10/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
200 Breaststroke	3:10.32	3:07.50	286	28/01/23	Somerset ASA County Championships 2023	Millfield	SW230176	1
50 Butterfly	30.52	29.90	388	17/03/24	Somerset ASA County Championships 2024	Millfield	SW240543	1
100 Butterfly	1:17.88	1:16.90	255	29/01/23	Somerset ASA County Championships 2023	Millfield	SW230176	1
50 Backstroke	31.84	31.20	404	10/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
100 Backstroke	1:08.73	1:07.60	423	05/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
200 Backstroke	2:28.04	2:25.80	432	10/03/24	Chelsea & Westminster & Millfield March Grand Prix	Millfield	SW240471	1
200 Individual Medley	2:43.54	2:41.10	338	29/01/23	Somerset ASA County Championships 2023	Millfield	SW230176	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.84	27.60	423	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Freestyle	1:01.72	1:03.10	383	19/11/23	Backwell SC Club Champs 2023	Backwell	SW232133	4
200 Freestyle	2:22.43	2:24.80	339	25/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
50 Breaststroke	36.83	37.70	310	25/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
100 Breaststroke	1:20.42	1:22.00	324	24/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
200 Breaststroke	3:06.86	3:09.70	265	02/10/22	Somerset ASA Development Meet 2022	Millfield	SW221540	3
50 Butterfly	32.89	33.50	289	25/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
100 Butterfly	1:22.50	1:23.40	194	27/11/22	Backwell SC Club Championships 2022	Backwell	SW222100	4
50 Backstroke	31.97	32.60	330	25/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
100 Backstroke	1:08.65	1:09.80	348	15/10/23	National Arena Swimming League Western 2023 Gala 2	Millfield	SW232337	4
200 Backstroke	2:30.73	2:32.90	344	24/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
200 Individual Medley	2:36.64	2:39.10	342	25/06/23	Clevedon and Trident Level 3 Open Meet 2023	Hutton Moor Ic	SW230580	3
100 Individual Medley	1:11.64	1:11.60	325	15/10/23	Somerset ASA Team Relay & 100m IM Day 2023	Millfield	SW231699	2