

Individual Best Times (All Time)

Alistair Sheeran - (1476829) - Felixstowe SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.87	27.10	422	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Freestyle	1:03.25	1:01.90	406	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Freestyle	2:23.92	2:21.50	355	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Breaststroke	1:31.25	1:29.90	242	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
50 Butterfly	32.46	31.90	322	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
50 Backstroke	35.40	34.80	294	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.46	28.20	395	27/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240220	2
100 Freestyle	1:00.31	1:01.70	410	22/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
200 Freestyle	2:16.30	2:18.80	387	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
50 Breaststroke	38.34	39.20	275	21/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240219	2
100 Breaststroke	1:28.65	1:30.10	242	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
50 Butterfly	32.49	33.10	300	20/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240219	2
100 Butterfly	1:08.61	1:09.70	337	22/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
50 Backstroke	35.83	36.40	234	07/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
100 Backstroke	1:20.52	1:21.50	216	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
400 Individual Medley	5:56.49	6:01.40	285	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Individual Medley	1:14.49	1:14.50	289	27/01/24	Swim England Suffolk County Championships 2024	Ipswich	ER240220	2