

Individual Best Times (All Time)

Richard Alija - (1496906) - Windsor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.00	27.20	416	28/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240002	1
100 Freestyle	1:02.00	1:00.60	431	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
200 Freestyle	2:14.08	2:11.50	440	18/05/24	SE SE Region 2024 LC No-frill Re-swim Gala	Crawley	SE241269	1
400 Freestyle	4:56.12	4:51.30	410	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
50 Breaststroke	37.15	36.30	340	14/05/23	SE South East Region Summer Championships 2023	Winchester	SE230800	1
100 Breaststroke	1:25.09	1:23.60	298	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Breaststroke	3:05.39	3:02.50	310	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
50 Butterfly	31.32	30.70	359	13/01/24	Berkshire & South Bucks County Championships 2024	Wycombe	SE240001	1
100 Butterfly	1:10.45	1:09.40	345	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Butterfly	2:39.28	2:37.30	332	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
50 Backstroke	35.28	34.70	297	08/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Backstroke	1:17.21	1:16.20	298	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
200 Backstroke	2:43.47	2:41.40	320	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Individual Medley	2:39.92	2:37.40	362	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
400 Individual Medley	5:39.89	5:34.70	363	18/05/24	SE SE Region 2024 LC No-frill Re-swim Gala	Crawley	SE241269	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.42	28.20	397	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Freestyle	1:00.19	1:01.60	413	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Freestyle	2:14.42	2:17.00	403	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
400 Freestyle	5:07.48	5:12.00	328	17/03/24	City of Oxford SC L3March	Oxford	SE240427	3
800 Freestyle	10:25.91	10:35.10	355	02/06/24	Maidenhead Marlins Level 3 Distance Meet 2024	Maidenhead	SE240739	3
1500 Freestyle	20:35.91	20:52.50	321	23/06/24	Windsor Club Champs 2024	Maidenhead	SE241270	4
50 Breaststroke	36.00	36.90	332	07/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Breaststroke	1:18.87	1:20.50	344	14/10/23	National Arena Swimming League South R1 2023	High Wycombe	SE231981	3
200 Breaststroke	2:52.33	2:55.40	338	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Butterfly	30.79	31.40	352	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
100 Butterfly	1:11.55	1:12.60	297	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Butterfly	2:50.86	2:52.70	244	15/10/23	Berkshire & South Bucks ASA Development Meet 2023	Maidenhead	SE231216	3
50 Backstroke	33.78	34.40	280	23/09/23	Windsor SC Club Championships 2023	Eton	SE231089	4
100 Backstroke	1:14.57	1:15.60	272	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Backstroke	2:40.37	2:42.40	285	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Individual Medley	2:37.19	2:39.70	339	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
400 Individual Medley	5:29.28	5:34.60	362	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
100 Individual Medley	1:12.53	1:12.50	313	20/05/23	Windsor SC Duel In The Pool 2023	Maidenhead	SE230900	4