

Individual Best Times (All Time)

Nancy Alcraft - (1609448) - 4 Shires Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.84	40.40	190	09/06/24	4 Shires SC Summer Club Championships 2024	Kingham	SE241145	4
100 Freestyle	1:31.62	1:32.50	164	09/06/24	4 Shires SC Summer Club Championships 2024	Kingham	SE241145	4
200 Freestyle	3:48.42	3:49.90	112	21/05/22	Four Shires SC Spring Club Championships	Kingham Hill	SE221061	4
50 Breaststroke	53.58	54.20	148	03/03/24	4 Shires Spring Club Champs 2024	Kingham	SE240528	4
100 Breaststroke	1:50.53	1:51.70	179	03/02/24	Oxfordshire & N Bucs County Championships 2024	Aylesbury	SE240040	2
200 Breaststroke	3:41.71	3:44.10	223	09/06/24	4 Shires SC Summer Club Championships 2024	Kingham	SE241145	4
50 Butterfly	58.46	58.80	72	08/10/23	4 Shires SC Autumn Club Championships 2023	Kingham Hill School	SE231719	4
50 Backstroke	48.44	48.90	141	03/03/24	4 Shires Spring Club Champs 2024	Kingham	SE240528	4
100 Backstroke	1:54.80	1:55.50	109	08/10/23	4 Shires SC Autumn Club Championships 2023	Kingham Hill School	SE231719	4
200 Backstroke	4:14.56	4:15.90	102	15/10/22	4 Shires Autumn Club Championships	Kingham Hill School	SE221965	4
100 Individual Medley	1:49.53	1:49.50	137	08/10/23	4 Shires SC Autumn Club Championships 2023	Kingham Hill School	SE231719	4