

# Individual Best Times (All Time)

Grayson Alderson - (1658135) - Richmond Dales ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.32	36.80	175	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Freestyle	1:20.81	1:19.80	194	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Freestyle	2:50.75	2:48.70	213	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
400 Freestyle	5:54.08	5:50.10	240	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Breaststroke	1:00.58	1:00.10	78	08/07/23	Richmond Dales ASC Summer Madness Gala 2023	Leeds	NE231141	3
100 Breaststroke	1:47.24	1:46.10	149	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Butterfly	47.28	46.90	104	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Backstroke	52.41	52.00	90	08/07/23	Richmond Dales ASC Summer Madness Gala 2023	Leeds	NE231141	3
100 Backstroke	1:42.08	1:41.30	129	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Individual Medley	3:21.18	3:19.20	181	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.39	37.00	170	23/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
100 Freestyle	1:19.64	1:20.70	178	23/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
200 Freestyle	2:47.48	2:49.50	208	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
400 Freestyle	6:04.98	6:08.80	196	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
50 Breaststroke	52.52	53.10	107	05/01/24	Richmond Dales ASC Club Champs 2024	Richmond	NE240124	4
100 Breaststroke	1:44.38	1:45.60	148	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
200 Breaststroke	3:38.38	3:40.80	166	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
50 Butterfly	46.95	47.40	99	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
50 Backstroke	46.69	47.10	106	22/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
100 Backstroke	1:41.34	1:42.10	108	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Backstroke	3:23.75	3:25.40	139	23/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
200 Individual Medley	3:13.20	3:15.20	182	23/06/24	Tynemouth ASC Summer Meet 2024	North Shields	NE241114	3
100 Individual Medley	1:33.41	1:33.40	146	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3