

# Individual Best Times (All Time)

Alex Mason - (312695) - Stevenage SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.94	26.20	467	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Freestyle	56.26	54.80	577	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:01.10	1:58.20	597	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
400 Freestyle	4:17.37	4:11.90	625	19/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
1500 Freestyle	17:49.67	17:30.20	539	02/03/13	Bedfordshire County Championships	Luton	CC3023	1
50 Breaststroke	34.11	33.20	440	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Breaststroke	1:12.82	1:11.10	476	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Breaststroke	2:39.27	2:35.90	489	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Butterfly	28.77	28.10	463	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Butterfly	1:03.27	1:02.10	477	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Butterfly	2:22.34	2:20.10	465	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	47.40	47.00	122	20/10/07	Wycombe District BC Meet	Handy Cross	SE7319	3
100 Backstroke	1:34.41	1:33.60	163	18/10/08	Wycombe District BC Meet	Wycombe	SE8391	3
200 Backstroke	2:25.81	2:23.50	452	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:17.87	2:15.00	565	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
400 Individual Medley	4:52.75	4:46.70	568	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.01	26.80	465	10/06/17	Team Luton Club Championships 2016 17	Luton	ER170100	4
100 Freestyle	55.19	56.70	536	15/06/19	Team Luton Club Compendium 2019	Luton	ER191858	4
200 Freestyle	1:57.49	2:00.40	605	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
400 Freestyle	4:12.11	4:17.60	596	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
800 Freestyle	10:14.56	10:23.90	375	06/03/10	Bedfordshire Champs	Biggleswade	CC0042	2
1500 Freestyle	17:20.74	17:40.40	538	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
50 Breaststroke	31.79	32.80	483	02/12/17	Team Luton Compendium Challenge 2017	Luton	ER172488	4
100 Breaststroke	1:08.53	1:10.30	524	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becontree	ER182083	3
200 Breaststroke	2:32.89	2:36.30	485	24/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
50 Butterfly	28.61	29.30	439	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	ER160864	3
100 Butterfly	1:01.64	1:02.90	465	09/06/18	Team Luton Compendium Challenge 2018	Inspire Luton	ER181486	4
200 Butterfly	2:18.07	2:20.30	463	13/12/15	Team Luton Winter Development Meet	Luton	ER150707	3
50 Backstroke	30.24	30.90	390	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3
100 Backstroke	1:03.23	1:04.50	446	07/01/17	Fareham Nomads Last Chance County Qualifier	Southampton	SE170268	3
200 Backstroke	2:13.17	2:15.60	499	07/01/17	Fareham Nomads Last Chance County Qualifier	Southampton	SE170268	3
200 Individual Medley	2:13.20	2:16.10	557	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becontree	ER182083	3
400 Individual Medley	4:43.54	4:49.70	567	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Individual Medley	1:02.96	1:03.00	479	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3