

Individual Best Times (All Time)

Grace Alexander - (364594) - City of Hereford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.65	27.90	559	19/05/13	Swim Swansea Annual LC Meet	Swansea	WAL496	1
100 Freestyle	1:00.78	59.40	615	06/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
200 Freestyle	2:07.88	2:05.10	687	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
400 Freestyle	4:29.52	4:24.30	666	08/06/13	Cardiff International Open Meet	Cardiff	WAL501	1
800 Freestyle	9:15.13	9:04.60	666	04/04/15	Swim Wales Long Course Closed Championships	Swansea	WL150506	1
1500 Freestyle	19:01.32	18:43.10	524	06/06/10	BG Midland Age Groups	Coventry	WMR015	1
50 Breaststroke	56.33	55.80	138	28/01/06	Avalon Open Meet	Millfield	SW6095	2
200 Breaststroke	3:29.79	3:27.30	281	18/10/08	Avalon Autumn Meet	Millfield	SW8232	2
50 Butterfly	31.32	30.70	474	17/05/14	Swim Swansea Long Course Meet 2014	Swansea	WAL568	1
100 Butterfly	1:09.80	1:08.70	502	22/12/13	Derwentio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
200 Butterfly	2:28.92	2:26.80	547	07/06/14	Cardiff International Open Meet	Cardiff	WAL573	1
50 Backstroke	34.99	34.40	452	21/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Backstroke	1:16.15	1:15.10	426	16/05/11	Swim Swansea Long Course Open Meet	Swansea	WAL360	1
200 Backstroke	2:38.44	2:36.30	469	04/08/11	Welsh Summer Nationals	Swansea	WAL375	1
200 Individual Medley	2:33.36	2:30.80	556	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
400 Individual Medley	5:32.06	5:26.70	513	16/05/11	Swim Swansea Long Course Open Meet	Swansea	WAL360	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.55	29.30	518	05/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Freestyle	1:00.14	1:01.50	583	01/02/15	SWWR Regional Championships	Haverford West	WL150523	2
200 Freestyle	2:07.91	2:10.60	641	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
400 Freestyle	4:24.68	4:29.90	667	19/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
800 Freestyle	9:02.35	9:12.90	682	20/12/14	British Gas Swim Wales Open Winter Championships	Swansea	WAL615	1
1500 Freestyle	18:18.32	18:36.90	565	27/02/11	Worcestershire County Championships	Hereford	CC1009	2
50 Breaststroke	40.43	41.20	345	20/11/11	City of Hereford Open Meet	Hereford	WM1248	3
100 Breaststroke	1:27.38	1:28.80	363	19/11/11	City of Hereford Open Meet	Hereford	WM1248	3
200 Breaststroke	3:04.29	3:07.10	389	19/11/11	City of Hereford Open Meet	Hereford	WM1248	3
50 Butterfly	31.70	32.30	454	06/02/15	SWWR Regional Championships	Haverford West	WL150524	2
100 Butterfly	1:08.39	1:09.50	493	08/12/13	Midland Short Course 2013	Stafford	WMR326	2
200 Butterfly	2:31.68	2:33.70	490	18/11/12	City of Hereford SC Open Meet	Hereford	WM2215	3
50 Backstroke	35.17	35.70	370	13/03/10	Worcestershire County Championships	Worcester	CC0010	2
100 Backstroke	1:11.12	1:12.20	459	21/11/15	City of Hereford Open Meet	Hereford	WM150479	3
200 Backstroke	2:34.51	2:36.70	456	27/03/11	Worcestershire County Championships	Wolverhampton	CC1011	2
200 Individual Medley	2:33.26	2:35.80	502	18/11/12	City of Hereford SC Open Meet	Hereford	WM2215	3
400 Individual Medley	5:19.82	5:25.30	530	25/02/12	Worcester County Championships	Wolverhampton	CC2009	2
100 Individual Medley	1:13.56	1:13.60	453	13/03/11	Worcestershire County Championships	Wolverhampton	CC1010	2