

Individual Best Times (All Time)

Hayley Alcock - (506167) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.15	28.40	531	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	EM2315	1
100 Freestyle	1:02.35	1:01.00	570	07/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
200 Freestyle	2:16.76	2:14.20	561	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
50 Breaststroke	34.65	33.70	596	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
100 Breaststroke	1:14.93	1:13.20	626	03/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Breaststroke	2:49.02	2:45.90	538	09/04/11	City of Norwich Easter Meet	Norwich	ER1130	1
50 Butterfly	29.75	29.10	553	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Butterfly	1:04.09	1:02.90	648	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
50 Backstroke	37.80	37.30	358	24/05/09	Rotherham Metro LC Meet	Sheffield	NE9007	1
100 Backstroke	1:14.52	1:13.40	455	27/11/10	Sheffield City B Grade	Sheffield	NE0385	3
200 Backstroke	2:40.03	2:37.90	455	13/06/10	East Region BAGCATS	Norwich	ERX013	1
200 Individual Medley	2:26.28	2:23.60	640	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.50	29.20	520	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
100 Freestyle	1:00.23	1:01.60	580	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
200 Freestyle	2:12.63	2:15.20	575	20/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
50 Breaststroke	33.53	34.50	605	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
100 Breaststroke	1:13.14	1:14.80	619	23/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
200 Breaststroke	2:37.79	2:41.10	620	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
50 Butterfly	29.57	30.20	560	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Butterfly	1:04.19	1:05.40	597	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
50 Backstroke	32.05	32.70	488	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Backstroke	1:07.30	1:08.50	542	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Backstroke	2:31.10	2:33.30	487	05/03/11	Bedfordshire County Championships	Biggleswade	CC1106	2
200 Individual Medley	2:21.84	2:24.60	634	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Individual Medley	1:07.24	1:07.20	593	03/03/13	Bedfordshire County Championships	Luton	CC3022	2