

Individual Best Times (All Time)

Alisha Ballantine - (717326) - Boldon C.A. Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.00	29.30	487	07/02/15	Northumberland & Durham County Championships	Sunderland	NE150630	1
100 Freestyle	1:04.84	1:03.50	507	01/03/15	Northumberland & Durham County Championships	Sunderland	NE150631	1
200 Freestyle	2:22.86	2:20.40	492	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
400 Freestyle	5:25.35	5:21.00	378	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	47.50	46.80	231	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Breaststroke	1:31.19	1:29.80	347	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
200 Breaststroke	3:16.70	3:14.00	341	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Butterfly	33.12	32.50	401	01/03/15	Northumberland & Durham County Championships	Sunderland	NE150631	1
100 Butterfly	1:20.05	1:19.10	332	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Backstroke	37.83	37.30	357	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
100 Backstroke	1:15.14	1:14.10	444	06/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151023	1
200 Backstroke	2:40.46	2:38.40	451	14/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151024	1
200 Individual Medley	2:49.76	2:47.40	410	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.14	29.80	487	25/04/15	Chester le Street Open Meet	Chester-le-Street	NE150565	3
100 Freestyle	1:03.99	1:05.30	484	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
200 Freestyle	2:23.06	2:25.50	458	02/05/15	BOSSS Spring Gala	Billingham	NE150567	3
50 Breaststroke	39.31	40.10	375	03/05/15	BOSSS Spring Gala	Billingham	NE150567	3
100 Breaststroke	1:27.60	1:29.00	360	10/05/14	Middlesbrough Open Meet 2014	Middlesbrough	NE4306	2
200 Breaststroke	3:07.92	3:10.70	367	11/05/14	Middlesbrough Open Meet 2014	Middlesbrough	NE4306	2
50 Butterfly	32.25	32.80	432	25/04/15	Chester le Street Open Meet	Chester-le-Street	NE150565	3
100 Butterfly	1:25.06	1:26.00	256	27/04/13	Chester Le Street Open Meet	Stanley	NE3317	3
50 Backstroke	33.85	34.40	415	29/03/15	Tynedale Invitational Gala	Hexham	NE150395	3
100 Backstroke	1:12.48	1:13.60	434	25/04/15	Chester le Street Open Meet	Chester-le-Street	NE150565	3
200 Backstroke	2:33.79	2:35.90	462	02/05/15	BOSSS Spring Gala	Billingham	NE150567	3
200 Individual Medley	2:39.77	2:42.20	443	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Individual Medley	1:14.69	1:14.70	433	07/11/15	Wear Valley Guy Fawkes Level 3 Meet	Bishop Auckland	NE150260	3