

# Individual Best Times (All Time)

Alisdair Stout - (733883) - Flixton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.80	25.00	532	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Freestyle	57.23	55.80	548	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Freestyle	2:00.92	1:58.00	600	13/05/17	Manchester Open Meet 2017	Manchester	NW170107	1
400 Freestyle	4:35.77	4:30.60	508	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
50 Breaststroke	31.86	30.90	540	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
100 Breaststroke	1:09.05	1:07.20	558	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
200 Breaststroke	2:34.13	2:30.70	539	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
50 Butterfly	25.94	25.20	632	25/03/18	City of Sunderland National Qualifier	Sunderland	NE180846	1
100 Butterfly	56.43	55.10	672	21/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	NW171061	1
200 Butterfly	2:12.05	2:09.60	583	13/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
50 Backstroke	31.10	30.40	434	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Backstroke	1:12.24	1:11.10	364	10/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
200 Individual Medley	2:15.89	2:13.00	590	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
400 Individual Medley	4:51.49	4:45.40	575	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.26	26.10	508	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
100 Freestyle	55.02	56.50	541	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
200 Freestyle	2:03.46	2:06.20	521	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
400 Freestyle	4:21.16	4:26.50	536	15/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
1500 Freestyle	17:30.17	17:49.60	524	16/11/17	Flixton Club Championship Distance Meet	Urmston	NW171144	4
50 Breaststroke	31.42	32.40	500	17/12/17	Trafford Borough Network Christmas Cracker	Sale	NW172583	3
100 Breaststroke	1:07.39	1:09.20	551	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
200 Breaststroke	2:41.05	2:44.30	415	15/11/14	Stafford Apex Open Meet	Stafford	WM4889	2
50 Butterfly	26.19	26.90	572	17/12/17	Trafford Borough Network Christmas Cracker	Sale	NW172583	3
100 Butterfly	55.91	57.20	624	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	ENG003	2
200 Butterfly	2:08.23	2:10.70	578	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
50 Backstroke	29.03	29.70	441	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
100 Backstroke	1:03.66	1:04.90	437	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
200 Backstroke	2:29.15	2:31.40	355	13/11/16	Flixton Swim Team Club Championships Distance Meet	Urmston	NW162146	4
200 Individual Medley	2:12.02	2:15.00	572	23/10/16	Manchester International 2016	Manchester	NW161951	2
400 Individual Medley	4:41.41	4:47.60	580	05/11/16	ASA North West Region Winter Championships	Manchester	NW160340	2
100 Individual Medley	1:00.88	1:00.90	530	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3