

Individual Best Times (All Time)

Alaina Ward - (781672) - Portsmouth Northsea SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle | 28.28 | 27.50 | 581 | 02/08/16 | ASA Summer Nationals 2016 | Sheffield | ASA149 | 1 |
| 100 Freestyle | 59.62 | 58.20 | 652 | 30/04/16 | ASA South East Region Swimming Championships | Portsmouth | SE160990 | 1 |
| 200 Freestyle | 2:07.59 | 2:04.80 | 691 | 28/07/16 | British Summer Championships | Sheffield | ASA148 | 1 |
| 400 Freestyle | 4:23.90 | 4:18.50 | 709 | 13/03/16 | Wycombe Inaugural LC Premier Meet | Wycombe | SE160111 | 1 |
| 800 Freestyle | 9:06.48 | 8:55.80 | 698 | 19/03/16 | Atlantis Regional-National Chaser Meet | Crawley | SE160056 | 1 |
| 50 Breaststroke | 53.74 | 53.10 | 159 | 23/04/11 | Portsmouth Northsea Easter Swim Festival | Portsmouth | SE1206 | 1 |
| 100 Breaststroke | 1:54.59 | 1:53.50 | 175 | 18/06/11 | Portsmouth Northsea Sprint Meet | Portsmouth | SE1241 | 3 |
| 200 Breaststroke | 3:37.16 | 3:34.70 | 254 | 08/04/12 | Portsmouth Northsea Easter Festival | Portsmouth | SE2161 | 1 |
| 50 Butterfly | 30.62 | 30.00 | 507 | 07/02/16 | Hampshire County Swimming Championships 2016 | Portsmouth | SE160577 | 1 |
| 100 Butterfly | 1:05.57 | 1:04.40 | 605 | 03/04/16 | Guildford City Springboard Level 1 Open Meet | Guildford | SE160058 | 1 |
| 200 Butterfly | 3:20.62 | 3:19.00 | 223 | 27/11/11 | Portsmouth Northsea Christmas Cracker Meet | Portsmouth | SE1167 | 1 |
| 50 Backstroke | 32.82 | 32.20 | 548 | 03/04/16 | Guildford City Springboard Level 1 Open Meet | Guildford | SE160058 | 1 |
| 100 Backstroke | 1:09.56 | 1:08.40 | 559 | 07/02/16 | Hampshire County Swimming Championships 2016 | Portsmouth | SE160577 | 1 |
| 200 Backstroke | 2:31.76 | 2:29.50 | 534 | 31/05/14 | ASA South East Region Age Group Championships | Crawley | SER418 | 1 |
| 200 Individual Medley | 2:26.06 | 2:23.30 | 643 | 03/08/16 | ASA Summer Nationals 2016 | Sheffield | ASA149 | 1 |
| 400 Individual Medley | 5:37.23 | 5:32.00 | 490 | 01/03/14 | Hampshire County Championships | Portsmouth | CC4114 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------------|----------|-------|
| 50 Freestyle | 27.90 | 28.60 | 555 | 22/11/15 | Guildford City SC November L2 Open Meet | Surrey | SE151100 | 2 |
| 100 Freestyle | 58.58 | 1:00.00 | 631 | 12/11/16 | NASLS Round 2 | Waterlooville | SE162473 | 3 |
| 200 Freestyle | 2:07.62 | 2:10.30 | 645 | 05/11/16 | ASA South East Region Winter Championships 2016 | Portsmouth | SE162237 | 2 |
| 400 Freestyle | 4:22.45 | 4:27.70 | 684 | 06/11/16 | ASA South East Region Winter Championships 2016 | Portsmouth | SE162237 | 2 |
| 800 Freestyle | 9:02.35 | 9:12.90 | 682 | 05/11/16 | ASA South East Region Winter Championships 2016 | Portsmouth | SE162237 | 2 |
| 50 Breaststroke | 37.98 | 38.80 | 416 | 28/11/15 | Swim Bournemouth Winter Short Course L2 Meet | Littledown | SW152066 | 2 |
| 100 Breaststroke | 1:22.71 | 1:24.20 | 428 | 13/06/15 | Swim Out of Your Skin Open Meet | Waterlooville | SE151195 | 3 |
| 200 Breaststroke | 3:21.07 | 3:23.70 | 299 | 17/11/12 | Portsmouth Northsea SC Club Championships | Portsmouth | SE2826 | 4 |
| 50 Butterfly | 30.85 | 31.50 | 493 | 08/03/15 | Hampshire County ASA Championships | Waterlooville | CC150870 | 1 |
| 100 Butterfly | 1:04.32 | 1:05.50 | 593 | 23/10/16 | ASA National County Teams Division 1 | Sheffield | ASA151 | 2 |
| 200 Butterfly | 2:24.56 | 2:26.70 | 566 | 16/10/16 | Havant & Waterlooville Club Championships | Waterlooville | SE162232 | 4 |
| 50 Backstroke | 32.59 | 33.20 | 465 | 15/10/17 | Havant & Waterlooville Club Champs 2017 | Waterlooville | SE172281 | 4 |
| 100 Backstroke | 1:05.60 | 1:06.80 | 585 | 08/10/16 | NASL South | Woking | SE162295 | 3 |
| 200 Backstroke | 2:23.39 | 2:25.70 | 570 | 08/03/15 | Hampshire County ASA Championships | Waterlooville | CC150870 | 1 |
| 200 Individual Medley | 2:23.50 | 2:26.20 | 612 | 19/11/16 | Guildford L2 Winter Qualifier Champs | Guildford | SE161280 | 2 |
| 400 Individual Medley | 5:01.65 | 5:07.40 | 632 | 21/10/16 | Havant & Waterlooville Club Championships | Waterlooville | SE162233 | 4 |
| 100 Individual Medley | 1:06.79 | 1:06.80 | 605 | 22/11/15 | Guildford City SC November L2 Open Meet | Surrey | SE151100 | 2 |