

Individual Best Times (All Time)

Alexander Macdonald - (785139) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.33	26.60	447	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
100 Freestyle	1:00.33	58.90	468	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
200 Freestyle	2:15.22	2:12.60	429	11/02/17	Surrey Age Group Championships	Guildford	LR170177	1
400 Freestyle	5:07.62	5:03.00	366	15/06/14	ASA South East Region Age Group Championships	Crawley	SER419	1
1500 Freestyle	19:32.94	19:15.20	409	29/01/17	Surrey Age Group Championships	Guildford	LR170175	1
50 Breaststroke	33.49	32.50	465	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1
100 Breaststroke	1:17.32	1:15.70	398	16/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
200 Breaststroke	2:53.16	2:50.10	380	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
50 Butterfly	31.79	31.20	343	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
50 Backstroke	32.67	32.10	374	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:11.51	1:10.40	375	28/05/17	2017 London Swimming May Open Meet	London	LR170886	1
200 Backstroke	2:30.27	2:28.00	413	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
200 Individual Medley	2:27.85	2:25.20	458	13/01/18	Surrey Age Group Championships 2018	Surrey	LR180302	1
400 Individual Medley	5:46.51	5:41.40	342	21/02/15	Surrey Age Group Championships	Guildford	CC150302	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.59	27.40	435	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Freestyle	59.03	1:00.40	438	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
200 Freestyle	2:09.61	2:12.30	450	17/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Freestyle	4:37.46	4:42.50	447	24/06/17	Hillingdon Summer Meet	Uxbridge	LR170897	2
1500 Freestyle	18:27.31	18:45.80	447	27/11/17	Guildford NAGS & REGS Squad Distance Meet	Guildford	SE172290	4
50 Breaststroke	33.17	34.10	425	15/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
100 Breaststroke	1:15.10	1:16.80	398	16/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
200 Breaststroke	2:45.90	2:49.10	379	18/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
50 Butterfly	31.52	32.10	328	02/12/18	Guildford City L3 County Qualifier	Spectrum LC	SE180712	3
100 Butterfly	1:25.20	1:26.10	176	01/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
200 Butterfly	2:57.91	2:59.70	216	31/10/15	Ealing November Open Meet	Northolt	LR150789	3
50 Backstroke	32.80	33.40	306	23/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181860	2
100 Backstroke	1:09.88	1:11.00	330	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
200 Backstroke	2:29.33	2:31.50	353	14/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2
200 Individual Medley	2:24.17	2:26.90	439	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	LR172525	3
400 Individual Medley	5:33.62	5:38.80	348	21/11/15	Guildford City SC November L2 Open Meet	Surrey	SE151100	2
100 Individual Medley	1:10.98	1:11.00	334	14/02/16	Surrey County Age Group Championships 2016	Guildford	LR160383	2