

Individual Best Times (All Time)

Alexander Rees - (791774) - Ellesmere College Titans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.53	24.70	549	29/06/19	Corby & Nene Valley 50m Club Championships	Corby	EM191647	4
100 Freestyle	55.35	53.80	606	06/04/19	Manchester Open 2019	Manchester	NW190308	1
200 Freestyle	2:09.85	2:07.20	484	11/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
400 Freestyle	4:37.59	4:32.50	498	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
1500 Freestyle	19:03.92	18:45.70	441	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	SW170483	1
50 Breaststroke	46.93	46.30	169	11/07/15	Northampton Summer Festival Open Meet	Corby	EM150964	3
100 Breaststroke	1:55.18	1:54.10	120	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Breaststroke	4:17.78	4:15.70	115	03/03/13	Northamptonshire County Championships	Corby	CC3072	1
50 Butterfly	27.06	26.40	557	07/07/19	Northampton 2019 Long Course Summer Festival	Corby	EM191221	3
100 Butterfly	1:02.77	1:01.60	488	16/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
50 Backstroke	29.27	28.60	520	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Backstroke	1:04.15	1:02.90	520	18/02/18	Team Bath Grand Prix	Bristol	SW180282	1
200 Backstroke	2:26.33	2:24.00	447	09/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Individual Medley	2:31.05	2:28.40	429	30/06/18	Corby & Nene Valley 50m Club Championships	Corby	EM180856	4
400 Individual Medley	6:32.70	6:28.20	235	15/03/14	2014 NASA County Championships	Corby	CC4104	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.75	25.60	540	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Freestyle	55.49	57.00	527	27/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
200 Freestyle	2:06.41	2:09.10	485	13/01/18	Shropshire County Championships 2018	Wolverhampton	WM180088	2
400 Freestyle	4:31.14	4:36.30	479	20/01/18	Shropshire County Championships 2018	Wolverhampton	WM180089	2
1500 Freestyle	18:29.76	18:48.20	444	25/02/17	Shropshire County Championships 2017	Wolverhampton	WM170439	2
50 Breaststroke	36.84	37.70	310	16/12/17	Northampton Winter Festival	Rugby	EM171978	3
100 Breaststroke	1:25.10	1:26.60	274	26/02/17	Shropshire County Championships 2017	Wolverhampton	WM170439	2
200 Breaststroke	3:04.76	3:07.60	275	06/10/18	Kingston Upon Hull Regional Qualifier Short Course	Ennerdale LC	NE181712	3
50 Butterfly	27.24	27.90	509	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
100 Butterfly	1:01.73	1:02.90	463	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Butterfly	2:42.98	2:44.90	281	26/02/17	Shropshire County Championships 2017	Wolverhampton	WM170439	2
50 Backstroke	28.39	29.10	472	17/12/17	Northampton Winter Festival	Rugby	EM171978	3
100 Backstroke	1:01.68	1:03.00	481	16/12/17	Northampton Winter Festival	Rugby	EM171978	3
200 Backstroke	2:20.51	2:22.90	424	17/12/17	Northampton Winter Festival	Rugby	EM171978	3
200 Individual Medley	2:24.40	2:27.10	437	21/01/18	Shropshire County Championships 2018	Wolverhampton	WM180089	2
400 Individual Medley	5:30.04	5:35.30	360	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	NE161276	3
100 Individual Medley	1:07.73	1:07.70	385	21/01/18	Shropshire County Championships 2018	Wolverhampton	WM180089	2