

# Individual Best Times (All Time)

Alyce Waistnidge - (830515) - Stocksbridge Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.31	29.60	472	15/04/17	Stocksbridge Spring Open Meet	Sheffield	NE170314	3
100 Freestyle	1:05.35	1:04.10	495	04/09/16	The Dukeries Open Meet 2016	Sheffield	EM160774	3
200 Freestyle	2:27.52	2:25.10	447	07/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
400 Freestyle	5:18.19	5:13.70	404	01/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
800 Freestyle	10:46.06	10:37.00	422	07/01/17	City of Leeds New Year Meet 2017	Leeds	NE170154	3
50 Breaststroke	39.46	38.70	403	02/12/17	Borough of Barnsley 22nd Christmas Sprint	Sheffield	NE171818	3
100 Breaststroke	1:26.37	1:24.90	409	04/09/16	The Dukeries Open Meet 2016	Sheffield	EM160774	3
200 Breaststroke	3:23.29	3:20.70	309	01/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
50 Butterfly	36.34	35.80	303	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
100 Butterfly	1:25.80	1:24.90	270	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	NE160960	3
50 Backstroke	35.42	34.80	436	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Backstroke	1:17.84	1:16.80	399	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	NE160227	3
200 Individual Medley	2:57.07	2:54.80	361	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
400 Individual Medley	6:25.21	6:20.60	328	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.69	30.40	460	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	1:04.74	1:06.00	467	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
200 Freestyle	2:21.43	2:23.90	474	02/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
400 Freestyle	5:04.32	5:08.90	439	01/11/15	York City Baths Early Bird County Qualifier	Hull	NE151856	3
800 Freestyle	10:46.74	10:55.60	402	08/07/17	Stocksbridge Distance Time Trials 2017	Stocksbridge	NE170971	4
50 Breaststroke	37.37	38.20	437	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	NE160959	3
100 Breaststroke	1:24.31	1:25.80	404	22/10/16	Stocksbridge & District Pentaqua Club Champs	Stockbridge	NE161760	4
200 Breaststroke	3:11.11	3:13.90	349	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
50 Butterfly	39.23	39.70	240	24/08/13	Sheffield City Sprints Meet	Sheffield	NE3416	3
100 Butterfly	1:17.31	1:18.30	341	07/10/17	Stocksbridge & District Club Championships	Stocksbridge	NE171820	4
50 Backstroke	34.06	34.60	407	22/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Backstroke	1:14.39	1:15.50	401	08/10/16	Stockbridge & District Pentaqua Club Champs	Stockbridge	NE161759	4
200 Backstroke	2:42.77	2:44.80	390	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
200 Individual Medley	2:39.80	2:42.30	443	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	NE160959	3
400 Individual Medley	5:50.56	5:55.50	403	01/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
100 Individual Medley	1:16.16	1:16.20	408	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3