

Individual Best Times (All Time)

Alfie Francis - (875649) - Potters Bar SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------------|---------------|----------|-------|
| 50 Freestyle | 26.71 | 25.90 | 479 | 05/05/19 | Swim England East Region Long Course Champs | Inspire Luton | ER190178 | 1 |
| 100 Freestyle | 59.56 | 58.10 | 487 | 19/04/19 | Beckenham Easter International Open 2019 | London | LR190200 | 1 |
| 200 Freestyle | 2:22.76 | 2:20.30 | 364 | 14/05/16 | Team Luton May Long Course Meet | Luton | ER160180 | 1 |
| 400 Freestyle | 5:40.23 | 5:36.10 | 270 | 19/04/14 | Basildon & Phoenix Easter Long Course Meet | Basildon | ER4044 | 1 |
| 50 Breaststroke | 32.95 | 32.00 | 488 | 20/04/19 | Beckenham Easter International Open 2019 | London | LR190200 | 1 |
| 100 Breaststroke | 1:15.57 | 1:13.90 | 426 | 05/05/18 | East Swimming Long Course Championships 2018 | Norwich | ER180213 | 1 |
| 200 Breaststroke | 2:45.93 | 2:42.70 | 432 | 14/04/18 | Team Luton April Long Course Meet 2018 | Luton | ER180341 | 1 |
| 50 Butterfly | 30.60 | 30.00 | 385 | 19/04/19 | Beckenham Easter International Open 2019 | London | LR190200 | 1 |
| 50 Backstroke | 48.30 | 47.90 | 115 | 31/08/13 | Worksop Dolphins SC The 29th Dukeries | Sheffield | EM3284 | 3 |
| 100 Backstroke | 1:42.49 | 1:41.70 | 127 | 31/08/13 | Worksop Dolphins SC The 29th Dukeries | Sheffield | EM3284 | 3 |
| 200 Individual Medley | 2:35.15 | 2:32.60 | 396 | 13/01/18 | City of Derby 17th LC Level 1 Licensed Open Meet | Sheffield | EM180084 | 1 |
| 400 Individual Medley | 5:52.70 | 5:47.70 | 325 | 20/07/16 | IAG Championships & Summer Open 2016 | Dublin | GBR381 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|----------------------------------------------------|--------------------|----------|-------|
| 50 Freestyle | 25.91 | 26.70 | 471 | 16/03/19 | Watford Regional Qualifier 2019 | Garston | ER190184 | 3 |
| 100 Freestyle | 57.57 | 59.00 | 472 | 10/11/18 | The NASL - London - Rounds 2018 - Div 1 & 2 | Becontree | ER182078 | 3 |
| 200 Freestyle | 2:12.44 | 2:15.00 | 422 | 25/06/17 | Potters Bar Club Championships 2017 | Potters Bar | ER171009 | 4 |
| 400 Freestyle | 4:43.19 | 4:48.10 | 421 | 09/12/18 | PBSC 400 TT | Potters Bar | ER182679 | 4 |
| 1500 Freestyle | 19:03.57 | 19:21.50 | 406 | 12/11/17 | Hoddesdon Long Distance Club Champs 2017 | Hoddesdon | ER172341 | 4 |
| 50 Breaststroke | 32.23 | 33.20 | 463 | 04/11/18 | Swim England East Region Short Course Championship | Luton | ER180889 | 2 |
| 100 Breaststroke | 1:11.91 | 1:13.60 | 454 | 08/12/18 | The NASL - London - Rounds 2018 - Div 1 & 2 | Becontree | ER182083 | 3 |
| 200 Breaststroke | 2:38.45 | 2:41.70 | 436 | 21/10/18 | Potters Bar Club Championships 200's 2018 | Potters Bar | ER182241 | 4 |
| 50 Butterfly | 30.04 | 30.70 | 379 | 10/03/18 | Potters Bar Spring Regional Qualifier | Furzeffield Centre | ER180670 | 3 |
| 100 Butterfly | 1:10.32 | 1:11.40 | 313 | 30/06/17 | Potters Bar Club Championships 2017 | Potters Bar | ER171009 | 4 |
| 200 Butterfly | 2:40.22 | 2:42.20 | 296 | 11/03/18 | Potters Bar Spring Regional Qualifier | Furzeffield Centre | ER180670 | 3 |
| 50 Backstroke | 34.06 | 34.60 | 273 | 24/06/18 | PBSC Club Championships 2018 | Furzeffield Centre | ER181102 | 4 |
| 100 Backstroke | 1:12.44 | 1:13.50 | 296 | 01/07/17 | Potters Bar Club Championships 2017 | Potters Bar | ER171009 | 4 |
| 200 Backstroke | 3:11.99 | 3:13.70 | 166 | 20/09/14 | Hoddesdon 6th Open Meet | Borehamwood | ER4351 | 3 |
| 200 Individual Medley | 2:25.52 | 2:28.20 | 427 | 20/01/18 | Hertfordshire County Championships | Borehamwood | ER180356 | 2 |
| 400 Individual Medley | 5:18.15 | 5:23.60 | 402 | 26/11/17 | Watford November 2017 County Qualifier | Garston | ER171250 | 3 |
| 100 Individual Medley | 1:05.30 | 1:05.30 | 429 | 28/01/18 | Hertfordshire County Championships | Borehamwood | ER180357 | 2 |