

Individual Best Times (All Time)

Alex Griffiths - (876031) - Gateshead & Whickham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.25	33.60	227	02/02/14	NDSA Championships	Sunderland	CC4064	1
100 Freestyle	1:14.46	1:13.30	249	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
200 Freestyle	2:49.88	2:47.80	216	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
400 Freestyle	5:39.29	5:35.10	272	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
50 Breaststroke	42.76	42.00	223	02/02/14	NDSA Championships	Sunderland	CC4064	1
100 Breaststroke	1:31.63	1:30.20	239	06/06/15	ASA North East Regional Age Group Championships	Sheffield	NE151023	1
200 Breaststroke	3:18.34	3:15.70	253	09/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
50 Butterfly	36.87	36.40	220	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
100 Butterfly	1:22.26	1:21.30	217	18/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
200 Butterfly	3:40.32	3:38.90	125	07/02/15	Northumberland & Durham County Championships	Sunderland	NE150630	1
50 Backstroke	40.94	40.40	190	01/02/14	NDSA Championships	Sunderland	CC4064	1
100 Backstroke	1:28.19	1:27.30	200	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
200 Backstroke	3:23.60	3:22.00	166	16/02/13	Northumberland & Durham County Champs	Sunderland	CC3096	1
200 Individual Medley	2:55.62	2:53.40	273	18/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
400 Individual Medley	6:23.13	6:18.50	253	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.93	32.60	251	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
100 Freestyle	1:11.74	1:12.90	244	10/01/16	Peterlee & Derwntside New Year Meet	Stanley	NE160161	3
200 Freestyle	2:38.06	2:40.20	248	06/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle	NE4685	3
400 Freestyle	5:39.10	5:43.20	245	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
1500 Freestyle	21:29.14	21:45.10	283	24/10/14	Chester le Street Junior Meet	Chester-le-Street	NE14219	3
50 Breaststroke	36.90	37.70	309	17/07/16	GAW Summer Invitation Meet	Dunston	NE161582	4
100 Breaststroke	1:23.05	1:24.60	294	16/07/16	GAW Summer Invitation Meet	Dunston	NE161582	4
200 Breaststroke	3:07.80	3:10.60	261	06/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
50 Butterfly	35.00	35.50	239	16/07/16	GAW Summer Invitation Meet	Dunston	NE161582	4
100 Butterfly	1:23.23	1:24.10	189	07/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
200 Butterfly	3:05.49	3:07.20	191	04/10/14	Gateshead & Whickham Autumn Invitation Meet	Gateshead	NE14141	3
50 Backstroke	39.32	39.80	177	06/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle	NE4685	3
100 Backstroke	1:23.45	1:24.40	194	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
200 Backstroke	3:09.72	3:11.50	172	10/11/13	Gateshead & Whickham Distance Meet	Gateshead	NE3917	3
200 Individual Medley	2:51.41	2:53.70	261	05/10/14	Gateshead & Whickham Autumn Invitation Meet	Gateshead	NE14141	3
400 Individual Medley	6:15.20	6:19.90	245	26/10/14	Chester le Street Junior Meet	Chester-le-Street	NE14219	3
100 Individual Medley	1:22.56	1:22.60	212	26/10/14	Chester le Street Junior Meet	Chester-le-Street	NE14219	3