

Individual Best Times (All Time)

Alex Watkinson - (877549) - Warrington Warriors SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.44	23.60	626	27/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
100 Freestyle	54.28	52.70	643	27/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
200 Freestyle	1:59.47	1:56.50	622	28/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
400 Freestyle	4:49.70	4:44.80	438	11/04/15	Stockport Metro April LC Open Meet	Stockport	NW150006	1
200 Breaststroke	2:31.30	2:27.80	570	27/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
50 Butterfly	26.39	25.70	600	15/03/19	Edinburgh International	Edinburgh	SCO1626	1
100 Butterfly	56.73	55.40	662	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Butterfly	2:05.20	2:02.70	684	17/04/19	British Championships 2019	Glasgow	BSW010	1
50 Backstroke	26.67	25.90	688	23/07/19	British Summer Championships	Glasgow	BSW011	1
100 Backstroke	58.18	56.80	697	23/07/19	British Summer Championships	Glasgow	BSW011	1
200 Backstroke	2:22.31	2:20.00	486	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
200 Individual Medley	2:08.50	2:05.40	698	20/04/19	British Championships 2019	Glasgow	BSW010	1
400 Individual Medley	5:59.03	5:54.10	308	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	NW3449	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.17	24.00	658	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Freestyle	52.44	54.00	625	01/02/20	Cheshire County Championships	Macclesfield LC	NW200109	2
200 Freestyle	1:56.38	1:59.30	622	02/02/19	Cheshire County Championships 2019	Macclesfield	NW190172	2
400 Freestyle	4:11.48	4:17.00	601	21/09/19	Warriors of Warrington Club Championships 2019	Orford Jubilee	NW192518	4
800 Freestyle	11:25.96	11:34.40	270	04/11/12	Warriors of Warrington Long Distance Champ	Warrington	NW2740	4
1500 Freestyle	16:59.57	17:19.60	573	08/04/17	Warriors of Warrington Long Distance Gala	Orford	NW170737	4
50 Breaststroke	31.39	32.40	502	26/01/20	Cheshire County Championships	Macclesfield LC	NW200108	2
100 Breaststroke	1:07.09	1:08.90	559	26/01/20	Cheshire County Championships	Macclesfield LC	NW200108	2
200 Breaststroke	2:26.20	2:29.80	555	29/09/19	Wirral Metro Autumn Meet	Birkenhead	NW190441	2
50 Butterfly	24.58	25.30	692	08/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Butterfly	55.15	56.50	650	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Butterfly	2:02.57	2:05.10	662	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
50 Backstroke	25.16	25.90	678	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Backstroke	54.17	55.60	710	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Backstroke	1:59.94	2:02.70	683	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Individual Medley	2:05.92	2:09.00	659	15/12/19	North West Arena Premier Division A Final	Blackpool	NW193297	3
400 Individual Medley	4:36.49	4:42.80	612	22/09/19	Warriors of Warrington Club Championships 2019	Orford Jubilee	NW192518	4
100 Individual Medley	58.76	58.80	589	29/09/19	Wirral Metro Autumn Meet	Birkenhead	NW190441	2