

# Individual Best Times (All Time)

Alex Donohoe - (924337) - Horwich Leisure Centre SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.04	30.40	440	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Freestyle	1:05.48	1:04.20	492	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
200 Freestyle	2:24.18	2:21.80	479	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
400 Freestyle	5:03.73	4:59.10	465	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
50 Breaststroke	47.99	47.30	224	30/08/14	Worksop Dolphins The 30th Dukeries Open Meet	Sheffield	EM4454	3
100 Breaststroke	1:40.03	1:38.80	263	30/08/14	Worksop Dolphins The 30th Dukeries Open Meet	Sheffield	EM4454	3
50 Butterfly	40.49	40.00	219	30/08/14	Worksop Dolphins The 30th Dukeries Open Meet	Sheffield	EM4454	3
100 Butterfly	1:27.49	1:26.60	254	31/08/13	Worksop Dolphins SC The 29th Dukeries	Sheffield	EM3284	3
50 Backstroke	35.03	34.50	450	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Backstroke	1:16.04	1:15.00	428	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Backstroke	2:43.92	2:41.90	423	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Individual Medley	2:42.08	2:39.60	471	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.20	30.90	437	06/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160084	3
100 Freestyle	1:03.53	1:04.80	494	16/10/16	25eme Meeting de Saint Dizier	St Dizier	GBR408	2
200 Freestyle	2:18.67	2:21.20	503	14/05/16	Wigan & Tyldesley Wigan Starter Meet	Wigan	NW161010	3
400 Freestyle	4:54.92	4:59.60	482	02/10/16	Greater Manchester Autumn Meet 2016	Wigan	NW160335	3
800 Freestyle	10:18.38	10:27.70	460	17/09/16	BMSS Club Distance Meet 2016	Bolton	NW161981	4
50 Breaststroke	39.60	40.40	367	27/11/16	Bolton Metro SS November Sprint Meet 2016	Bolton	NW161619	3
100 Breaststroke	1:29.64	1:31.00	336	21/11/15	BMSS November Sprint Meet 2015	Bolton	NW152039	3
200 Breaststroke	3:04.97	3:07.80	385	19/03/16	Greater Manchester Age Group Meet 2016	Wigan	NW160085	3
50 Butterfly	34.52	35.10	352	15/05/16	Wigan & Tyldesley Wigan Starter Meet	Wigan	NW161010	3
100 Butterfly	1:23.66	1:24.60	269	28/06/15	Aquabears of Rochdale Open Summer Meet	Wigan	NW150600	3
200 Butterfly	3:55.55	3:56.90	130	01/12/12	Chorley Marlins Invitation Meet	Chorley	NW2479	4
50 Backstroke	34.24	34.80	401	16/10/16	25eme Meeting de Saint Dizier	St Dizier	GBR408	2
100 Backstroke	1:12.71	1:13.80	430	18/10/15	Greater Manchester Autumn Meet 2015	Wigan	NW150441	3
200 Backstroke	2:34.39	2:36.50	457	15/05/16	Wigan & Tyldesley Wigan Starter Meet	Wigan	NW161010	3
200 Individual Medley	2:38.78	2:41.20	452	14/05/16	Wigan & Tyldesley Wigan Starter Meet	Wigan	NW161010	3
400 Individual Medley	7:26.88	7:30.80	194	01/12/12	Chorley Marlins Invitation Meet	Chorley	NW2479	4
100 Individual Medley	1:16.09	1:16.10	409	15/05/16	Wigan & Tyldesley Wigan Starter Meet	Wigan	NW161010	3