

Individual Best Times (All Time)

Alistair Roberts - (929122) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.19	24.40	571	18/05/19	31 Centralised SSPA	Singapore	GBR1055	1
100 Freestyle	54.42	52.90	638	24/04/19	62nd Milo Malaysian Open	KL	GBR1021	1
200 Freestyle	1:59.89	1:57.00	615	24/04/19	62nd Milo Malaysian Open	KL	GBR1021	1
400 Freestyle	6:07.00	6:03.10	215	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
50 Butterfly	26.21	25.50	613	28/07/19	British Summer Championships	Glasgow	BSW011	1
100 Butterfly	58.86	57.60	592	24/04/19	62nd Milo Malaysian Open	KL	GBR1021	1
200 Butterfly	2:14.19	2:11.80	555	24/03/19	50th Singapore National Age Group Championships	Singapore	GBR978	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.96	28.70	374	02/07/17	Haslemere Club Championships	Haslemere	SE171408	4
100 Freestyle	53.57	55.10	586	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Freestyle	1:54.89	1:57.90	647	17/11/19	Guildford City Winter Open Meet	Surrey Sports Park	SE191744	2
400 Freestyle	5:33.77	5:38.00	257	26/06/16	Haslemere Club Championships 2016	Haslemere	SE161510	4
50 Breaststroke	42.03	42.80	209	03/07/16	Haslemere Club Championships 2016	Haslemere	SE161511	4
100 Breaststroke	1:34.47	1:35.80	200	03/07/16	Haslemere Club Championships 2016	Haslemere	SE161511	4
200 Breaststroke	3:52.92	3:55.20	137	09/06/14	Haslemere SC Club Championships 2014	Haslemere	SE4624	4
50 Butterfly	26.13	26.80	576	22/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Butterfly	57.60	58.90	570	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
200 Butterfly	2:22.97	2:25.20	417	24/06/19	Haslemere Club Championships 2019	Haslemere	SE192143	4
50 Backstroke	30.20	30.90	392	24/06/19	Haslemere Club Championships 2019	Haslemere	SE192143	4
100 Backstroke	1:10.06	1:11.20	328	02/07/17	Haslemere Club Championships	Haslemere	SE171408	4
200 Backstroke	2:34.82	2:37.00	317	09/07/17	Haslemere Club Championships	Haslemere	SE171409	4
200 Individual Medley	2:30.07	2:32.70	389	02/07/17	Haslemere Club Championships	Haslemere	SE171408	4
400 Individual Medley	6:09.53	6:14.30	256	29/11/15	Haslemere 400m Individual Medley Time Trials	Haslemere	SE152335	4
100 Individual Medley	1:10.18	1:10.20	346	23/04/17	Haslemere Spring Open Meet	Haslemere	SE170612	3