

Individual Best Times (All Time)

Alex Boynton - (930923) - Aqua Force Swimming Academy Hart

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.51	24.70	550	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Freestyle	56.55	55.10	568	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
200 Freestyle	2:10.47	2:07.80	477	08/02/15	Northumberland & Durham County Championships	Sunderland	NE150630	1
50 Breaststroke	33.02	32.10	485	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Breaststroke	1:19.01	1:17.40	373	07/06/14	ASA North East Region British Gas Regional	Leeds	NER422	1
200 Breaststroke	2:53.81	2:50.70	376	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	NE4760	3
50 Butterfly	26.90	26.20	567	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Butterfly	1:09.61	1:08.50	358	21/06/14	ASA North East Region Age Group Champs	Sunderland	NER424	1
50 Backstroke	29.29	28.60	519	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	NE172045	1
100 Backstroke	1:07.78	1:06.60	441	08/06/14	ASA North East Region British Gas Regional	Leeds	NER422	1
200 Backstroke	2:24.97	2:22.70	460	14/06/14	ASA North East Region BG Regional AG Champs	Sheffield	NER423	1
200 Individual Medley	2:25.88	2:23.20	477	28/02/15	Northumberland & Durham County Championships	Sunderland	NE150631	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.70	25.50	543	24/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Freestyle	54.76	56.30	549	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Freestyle	2:02.63	2:05.40	532	24/09/17	Billingham Autumn Meet	Billingham	NE170406	3
400 Freestyle	4:43.57	4:48.50	419	27/10/13	Middlesbrough Halloween Open	Middlesbrough	NE3183	2
50 Breaststroke	32.61	33.60	447	23/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Breaststroke	1:16.36	1:18.00	379	07/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
200 Breaststroke	2:45.01	2:48.20	386	06/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
50 Butterfly	26.71	27.40	539	24/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Butterfly	1:02.61	1:03.80	444	24/09/17	Billingham Autumn Meet	Billingham	NE170406	3
200 Butterfly	2:43.01	2:44.90	281	16/11/13	Borough of Stockton Winter Festival	Billingham	NE3706	3
50 Backstroke	28.91	29.60	447	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Backstroke	1:05.05	1:06.30	410	06/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
200 Backstroke	2:21.08	2:23.40	419	07/12/14	ASANER BG Regional Age Group Champs	Sunderland	NER430	2
200 Individual Medley	2:18.64	2:21.50	494	23/09/17	Billingham Autumn Meet	Billingham	NE170406	3
100 Individual Medley	1:03.88	1:03.90	459	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2