

Individual Best Times (All Time)

Alfie Bridgen - (942283) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.31	27.60	402	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Freestyle	1:02.18	1:00.80	428	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
200 Freestyle	2:17.11	2:14.60	411	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
400 Freestyle	4:48.66	4:43.80	443	18/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
1500 Freestyle	23:44.20	23:29.60	228	08/02/15	Wycombe February Long Distance Meet	Wycombe	SE150252	3
50 Breaststroke	34.87	34.00	412	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Breaststroke	1:15.10	1:13.40	434	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
200 Breaststroke	2:40.05	2:36.70	481	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180781	1
50 Butterfly	36.14	35.60	233	26/03/17	MCASA Open Meet	London	LR170009	1
50 Backstroke	37.86	37.30	240	26/03/17	MCASA Open Meet	London	LR170009	1
100 Backstroke	1:25.66	1:24.70	218	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
200 Individual Medley	2:37.67	2:35.10	377	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
400 Individual Medley	5:33.40	5:28.10	384	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.76	28.50	383	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
100 Freestyle	1:00.25	1:01.60	412	22/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
200 Freestyle	2:13.02	2:15.60	416	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
400 Freestyle	4:52.37	4:57.10	382	26/02/17	ESC February L3 Open	Northolt	LR170029	3
1500 Freestyle	19:22.22	19:39.80	386	24/11/17	COSC L3 Meet	Oxford	SE172255	3
50 Breaststroke	34.28	35.20	385	21/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
100 Breaststroke	1:13.92	1:15.60	418	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
200 Breaststroke	2:36.91	2:40.20	449	22/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
50 Butterfly	33.56	34.10	272	26/11/17	COSC L3 Meet	Oxford	SE172255	3
100 Butterfly	1:18.95	1:19.90	221	15/10/17	RNSS House Club Champs 2017	Northwood	LR170545	4
200 Butterfly	3:02.32	3:04.00	201	08/07/18	Hillingdon SC Main Club Champs 2018	Northwood	LR180404	4
50 Backstroke	35.14	35.70	249	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
100 Backstroke	1:15.27	1:16.30	264	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Backstroke	2:48.26	2:50.20	247	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Individual Medley	2:29.91	2:32.50	391	21/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
400 Individual Medley	5:55.13	6:00.10	289	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Individual Medley	1:19.16	1:19.20	241	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3