

Individual Best Times (All Time)

Becky Alder - (945675) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.05	29.30	485	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170466	1
400 Freestyle	5:50.47	5:46.40	302	03/03/13	Hampshire County Championships	Portsmouth	CC3084	1
50 Butterfly	33.76	33.20	378	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
50 Backstroke	32.70	32.10	554	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Backstroke	1:10.33	1:09.20	541	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
200 Backstroke	2:29.92	2:27.70	554	31/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	496	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Freestyle	1:05.11	1:06.40	459	05/12/15	Alton & District Autumn Club Championships	Alton	SE151450	4
200 Freestyle	2:24.39	2:26.80	445	04/06/16	Alton District Club Championships	Alton	SE161428	4
400 Freestyle	5:20.24	5:24.60	376	24/01/15	Alton & District Autumn Winter Club Champs	Alton	SE150081	4
800 Freestyle	11:04.70	11:13.40	370	15/12/14	Alton & District Autumn Winter Club Champs	Petersfield	SE14161	4
50 Breaststroke	38.55	39.40	398	11/02/18	Fareham Nomads Valentines Meet 2018	Waterlooville	SE180128	3
50 Butterfly	32.46	33.00	423	02/06/18	Alton & District Club Championship	Alton	SE181289	4
100 Butterfly	1:17.11	1:18.10	344	10/09/16	Alton District Club Championships	Alton	SE161430	4
50 Backstroke	31.85	32.50	498	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Backstroke	1:07.08	1:08.30	547	19/11/17	Guildford City L2 Winter Meet	Guildford	SE171847	2
200 Backstroke	2:23.24	2:25.50	572	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
200 Individual Medley	2:33.33	2:35.90	501	10/11/18	National Arena Swimming League South Round 2	Southampton	SE182665	3
100 Individual Medley	1:11.16	1:11.20	500	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2