## **Individual Best Times (All Time)**

Rebecca Alderman - (767851) - Winsford Swimming Club - 200 Freestyle - Short Course Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

2:18.86         501         F         19/10/14         Conwy County Aquatics Autumn Meet         Llandudno         Winsford           2:19.08         498         H         28/02/15         City of Stoke on Trent Y2K 2015         Stoke-on-Trent           2:19.67         492         H         02/10/16         North Midlands Championships 2016         Macclesfield         Winsford           2:20.20         487         H         18/04/15         Satellites of Macclesfield 28th Open Meet         Macclesfield         Winsford           2:20.53         483         H         16/03/14         Cheshire County Championships         Macclesfield         Winsford           2:20.73         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands Age Group Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands Age Group Championships 2014         Macclesfield         Winsford           2:21.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         09/02/14         Can	Jnder Lev
2:19.67         492         H         02/10/16         North Midlands Championships 2016         Macclesfield         Winsford           2:20.20         487         H         18/04/15         Satellites of Macclesfield 28th Open Meet         Macclesfield         Winsford           2:20.53         483         H         16/03/14         Cheshire County Championships         Macclesfield         Winsford           2:20.73         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands Age Group Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands Age Championships 2014         Macclesfield         Winsford           2:21.23         476         F         2911/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         2501/15         Cheshire County Championships 2015         Macclesfield         Winsford           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.46         471         H         16	2
220,20	3
220.53         483         H         16/03/14         Cheshire County Championships         Macclesfield         Winsford           2:20.73         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           2:20.73         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands ASA Championships 2014         Macclesfield         Winsford           2:21.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield         Winsford           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.46         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Scot Club Championships         Winsford         Winsford           2:22.21         466         H         04/07/15         North Midla	3
22.07.3         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           22.07.3         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           22.07.7         481         H         12/01/14         North Midlands Age Group Championships         Macclesfield         Winsford           22.07.7         481         H         12/01/14         North Midlands Age Group Championships 2014         Macclesfield         Winsford           22.1.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           22.1.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield         Winsford           22.1.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           22.1.46         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           22.1.8         469         H         10/09/16         Winsford Swim Team Club Champs         Winsford         Winsford           2.22.10         466         H         04/03/17 <t< td=""><td>3</td></t<>	3
22.07.3         481         H         22/01/17         Cheshire County Championships         Macclesfield         Winsford           22.07.7         481         H         12/01/14         North Midlands Age Group Championships         Macclesfield         Winsford           22.07.7         481         H         12/01/14         North Midlands ASA Championships 2014         Macclesfield         Winsford           22.1.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           22.1.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield         Winsford           22.1.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           22.1.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2.2.1.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2.2.1.88         469         H         10/09/16         Winsford Swim Team Club Championships         Winsford         Winsford           2.2.2.19         466         H         04/10/15         Nor	2
2:20.77         481         H         12/01/14         North Midlands Age Group Championships         Macclesfield         Winsford           2:20.77         481         H         12/01/14         North Midlands ASA Championships 2014         Macclesfield         Winsford           2:21.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.46         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Winsford Swim Team Club Champs         Winsford         Winsford           2:21.88         469         H         10/09/16         Winsford SC Glub Championships         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Champ	2
2:20.77         481         H         12/01/14         North Midlands ASA Championships 2014         Macclesfield         Winsford           2:21.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Swim Team Club Champs         Winsford         Winsford           2:22.01         468         F         14/09/14         Winsford SC Club Championships         Winsford         Winsford           2:22.19         466         H         04/10/15         North Midlands Championships 2015         Macclesfield         Winsford           2:22.25         466         H         04/10/16         Cheshire County Championships 2016	2
2:21.23         476         F         29/11/14         Percy Mason Memorial Gala         Warrington         Winsford           2:21.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford SC Club Champs         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield         Winsford           2:22.25         466         H         04/10/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016	3
2:21.24         476         H         25/01/15         Cheshire County Championships 2015         Macclesfield           2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Swim Team Club Champs         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield         Winsford           2:22.261         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Champion	3
2:21.35         475         H         09/02/14         Cannock Phoenix 12th Annual Open Meet         Wolverhampton         Winsford           2:21.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Sc Club Championships         Winsford         Winsford           2:22.01         468         F         14/09/14         Winsford SC Club Championships         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:23.81         451         F         13/09/15         Winsfo	3
2:21.45         474         H         16/11/13         Stafford Apex Open Meet         Stafford         Winsford           2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Swim Team Club Champs         Winsford         Winsford           2:22.01         468         F         14/09/14         Winsford SC Club Championships         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield           2:22.25         466         H         04/10/15         North Midlands Championships 2016         Macclesfield           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:23.81         451         F         13/09/15         Winsford Club Championships         Winsford	2
2:21.76         471         F         03/05/14         Wrexham 11th Spring Meet         Wrexham         Winsford           2:21.88         469         H         10/09/16         Winsford Swim Team Club Champs         Winsford         Winsford           2:22.01         468         F         14/09/14         Winsford SC Club Championships         Winsford         Winsford           2:22.19         466         H         04/03/17         Satellites of Macclesfield 30th Open Meet         Macclesfield         Winsford           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield           2:22.25         466         H         04/10/15         North Midlands Championships 2015         Macclesfield           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:22.61         462         H         24/01/16         Cheshire County Championships 2016         Macclesfield         Winsford           2:23.81         451         F         13/09/15         Winsford Club Championships         Win	3
2:21.88       469       H       10/09/16       Winsford Swim Team Club Champs       Winsford       Winsford         2:22.01       468       F       14/09/14       Winsford SC Club Championships       Winsford       Winsford         2:22.19       466       H       04/03/17       Satellites of Macclesfield 30th Open Meet       Macclesfield       Winsford         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	2
2:22.01       468       F       14/09/14       Winsford SC Club Championships       Winsford       Winsford         2:22.19       466       H       04/03/17       Satellites of Macclesfield 30th Open Meet       Macclesfield       Winsford         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	2
2:22.19       466       H       04/03/17       Satellites of Macclesfield 30th Open Meet       Macclesfield       Winsford         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	4
2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford SC Club Championships       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford Summer Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Hendudge       Winsford	4
2:22.25       466       H       04/10/15       North Midlands Championships 2015       Macclesfield         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford SC Club Championships       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford Sc Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	3
2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford Club Championships       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	3
2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford Club Championships 2017       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	3
2:22.61       462       H       24/01/16       Cheshire County Championships 2016       Macclesfield       Winsford         2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford Club Championships 2017       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	2
2:23.81       451       F       13/09/15       Winsford Club Championships       Winsford       Winsford         2:24.44       445       H       16/09/17       Winsford Club Championships 2017       Winsford       Winsford         2:26.03       431       F       16/09/13       Winsford SC Club Championships       Winsford       Winsford         2:27.31       419       F       04/07/15       Winsford Summer Club Championships       Winsford       Winsford	2
2:24.44 445 H 16/09/17 Winsford Club Championships 2017 Winsford Winsford 2:26.03 431 F 16/09/13 Winsford SC Club Championships Winsford Winsford 2:27.31 419 F 04/07/15 Winsford Summer Club Championships Winsford Winsford  2:27.35 445 F 20/10/12 Suim Convey Autumn Most	2
2:26.03 431 F 16/09/13 Winsford SC Club Championships Winsford Winsford 2:27.31 419 F 04/07/15 Winsford Summer Club Championships Winsford Winsford  2:27.31 415 F 20/10/13 Summer Club Championships Winsford Winsford Winsford	4
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2	Winsford	Wrexham	Wrexham 10th Spring Meet	04/05/13	F	408	2:28.63
3	Winsford	Wolverhampton	11th Cannock Phoenix Open Meet	10/02/13	Н	404	2:29.10
3	Winsford	Warrington	Percy Mason Memorial Gala	01/12/12	F	393	2:30.49
3	Winsford	Macclesfield	North Midlands ASA Championships 2013	13/01/13	Н	381	2:32.10

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:24.44	445	Н	16/09/17	Winsford Club Championships 2017	Winsford	Winsford	4
2:22.19	466	Н	04/03/17	Satellites of Macclesfield 30th Open Meet	Macclesfield	Winsford	3
2:20.73	481	Н	22/01/17	Cheshire County Championships	Macclesfield	Winsford	2
2:20.73	481	Н	22/01/17	Cheshire County Championships	Macclesfield	Winsford	2
2:19.67	492	Н	02/10/16	North Midlands Championships 2016	Macclesfield	Winsford	3
2:21.88	469	Н	10/09/16	Winsford Swim Team Club Champs	Winsford	Winsford	4
2:22.61	462	Н	24/01/16	Cheshire County Championships 2016	Macclesfield	Winsford	2
2:22.61	462	Н	24/01/16	Cheshire County Championships 2016	Macclesfield	Winsford	2
2:22.61	462	Н	24/01/16	Cheshire County Championships 2016	Macclesfield	Winsford	2
2:22.25	466	Н	04/10/15	North Midlands Championships 2015	Macclesfield		3
2:22.25	466	Н	04/10/15	North Midlands Championships 2015	Macclesfield		3
2:23.81	451	F	13/09/15	Winsford Club Championships	Winsford	Winsford	4
2:27.31	419	F	04/07/15	Winsford Summer Club Championships	Winsford	Winsford	4
2:20.20	487	Н	18/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield		3
2:19.08	498	Н	28/02/15	City of Stoke on Trent Y2K 2015	Stoke-on-Trent		3
2:21.24	476	Н	25/01/15	Cheshire County Championships 2015	Macclesfield		2
2:21.23	476	F	29/11/14	Percy Mason Memorial Gala	Warrington	Winsford	3
2:18.86	501	F	19/10/14	Conwy County Aquatics Autumn Meet	Llandudno	Winsford	2
2:22.01	468	F	14/09/14	Winsford SC Club Championships	Winsford	Winsford	4
2:21.76	471	F	03/05/14	Wrexham 11th Spring Meet	Wrexham	Winsford	2
2:20.53	483	Н	16/03/14	Cheshire County Championships	Macclesfield	Winsford	2
2:21.35	475	Н	09/02/14	Cannock Phoenix 12th Annual Open Meet	Wolverhampton	Winsford	3
2:20.77	481	Н	12/01/14	North Midlands ASA Championships 2014	Macclesfield	Winsford	3
2:20.77	481	Н	12/01/14	North Midlands Age Group Championships	Macclesfield	Winsford	3
2:21.45	474	Н	16/11/13	Stafford Apex Open Meet	Stafford	Winsford	2
2:27.85	415	F	20/10/13	Swim Conway Autumn Meet	Llandudno	Winsford	1
2:26.03	431	F	16/09/13	Winsford SC Club Championships	Winsford	Winsford	4
2:28.63	408	F	04/05/13	Wrexham 10th Spring Meet	Wrexham	Winsford	2
2:29.10	404	Н	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	Winsford	3
2:32.10	381	Н	13/01/13	North Midlands ASA Championships 2013	Macclesfield	Winsford	3
2:30.49	393	F	01/12/12	Percy Mason Memorial Gala	Warrington	Winsford	3

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