

Individual Best Times (All Time)

Jodie Alder - (322621) - Worsley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.97	27.20	601	31/05/15	2015 North West Regional Championships	Manchester	NW150102	1
100 Freestyle	1:00.93	59.50	611	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Freestyle	2:15.45	2:12.90	578	16/03/14	Lancashire County Championships	Manchester	CC4087	1
400 Freestyle	4:55.55	4:50.80	505	03/06/12	North West Region Age Group Championships	Manchester	NWR211	1
800 Freestyle	9:47.82	9:37.90	560	16/03/13	Lancashire County Championships	Liverpool	CC3062	1
1500 Freestyle	19:29.47	19:11.70	487	14/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
50 Breaststroke	35.28	34.40	564	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Breaststroke	1:18.40	1:16.80	547	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
200 Breaststroke	3:02.75	2:59.80	426	03/03/12	Lancashire County Championships	Liverpool	CC2015	1
100 Butterfly	1:34.35	1:33.50	203	27/11/10	Sheffield City B Grade	Sheffield	NE0385	3
50 Backstroke	30.84	30.20	660	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Backstroke	1:06.62	1:05.40	637	01/03/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
200 Backstroke	2:25.72	2:23.40	603	06/06/15	2015 North West Regional Championships	Manchester	NW150103	1
200 Individual Medley	2:31.38	2:28.80	578	05/10/13	The Robin Hood Open Meet 2013	Sheffield	EM3375	1
400 Individual Medley	5:28.45	5:23.10	530	17/03/13	Lancashire County Championships	Liverpool	CC3062	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.65	28.40	570	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Freestyle	59.40	1:00.80	605	20/12/13	City of Salford SC Club Championships 2013	Salford	NW31011	4
200 Freestyle	2:14.00	2:16.60	557	21/07/13	City of Salford SC Summer Olympic	Salford	NW3631	3
400 Freestyle	4:38.19	4:43.20	574	20/12/13	City of Salford SC Club Championships 2013	Salford	NW31011	4
800 Freestyle	9:48.56	9:58.30	533	27/01/13	Bolton & Manchester District Age Group Com	Manchester	NW3057	3
1500 Freestyle	18:57.13	19:15.10	509	13/01/13	Bolton & Manchester District Age Group	Manchester	NW3056	3
50 Breaststroke	35.69	36.60	502	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:18.74	1:20.30	496	18/11/12	North Lancs Inter Association Meet	Blackpool	NW2744	2
200 Breaststroke	2:54.65	2:57.60	457	27/10/12	City Of Salford SC Potential Olympians	Salford	NW2590	2
50 Butterfly	48.76	49.10	125	04/04/09	City of Salford Spring Mt	Salford	NW9216	2
100 Butterfly	1:11.64	1:12.70	429	20/12/13	City of Salford SC Club Championships 2013	Salford	NW31011	4
50 Backstroke	30.43	31.10	571	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Backstroke	1:05.51	1:06.70	588	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
200 Backstroke	2:23.35	2:25.70	571	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
200 Individual Medley	2:30.39	2:33.00	532	02/11/13	City of Salford SC Potential Olympians 2013	Salford	NW3518	2
400 Individual Medley	5:26.63	5:32.00	498	02/11/13	City of Salford SC Potential Olympians 2013	Salford	NW3518	2
100 Individual Medley	1:42.50	1:42.50	167	21/10/07	Central Lancs Warburtons	Bury	NW7394	2