

Individual Best Times (All Time)

Alyssa Andrews - (790332) - St Ives Bay SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.79	32.10	373	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
100 Freestyle	1:12.60	1:11.40	361	16/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
200 Freestyle	2:35.97	2:33.70	378	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
400 Freestyle	5:25.69	5:21.30	377	14/04/12	Taunton Deane Easter Open Meet	Millfield	SW2095	1
800 Freestyle	11:03.96	10:55.20	389	13/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
50 Breaststroke	43.24	42.50	306	13/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
100 Breaststroke	1:31.80	1:30.40	340	13/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
200 Breaststroke	3:17.69	3:15.00	336	14/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
50 Butterfly	38.05	37.50	264	17/11/12	The Aquae Sulis Grand Prix 2012	Bristol	SW2525	1
50 Backstroke	37.71	37.20	361	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
100 Backstroke	1:22.28	1:21.30	338	14/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
200 Backstroke	2:54.05	2:52.10	354	14/07/12	Plymouth Leander Non National Qualifier	Plymouth	SW2385	3
200 Individual Medley	2:55.34	2:53.10	372	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
400 Individual Medley	6:10.29	6:05.50	370	10/06/12	British Gas ASA SWR Age Groups Champs	Millfield	SWR205	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.60	32.30	382	04/03/15	Cornwall County Championships	Penzance	CC150364	2
100 Freestyle	1:10.66	1:11.80	359	03/03/15	Cornwall County Championships	Bodmin	CC150363	2
200 Freestyle	2:29.40	2:31.70	402	03/03/12	Cornwall County Championships	Penzance	CC2073	2
400 Freestyle	5:09.95	5:14.50	415	11/03/12	Cornwall County Championships	Bodmin	CC2076	2
800 Freestyle	10:41.67	10:50.60	411	04/02/12	Cornwall County Championships	Bodmin	CC2072	2
1500 Freestyle	20:30.18	20:46.90	402	05/02/12	Cornwall County Championships	Bodmin	CC2072	2
50 Breaststroke	40.36	41.10	347	03/03/15	Cornwall County Championships	Bodmin	CC150363	2
100 Breaststroke	1:26.09	1:27.50	380	03/10/15	Carn Brea & Helston SC L2 Open Meet	Penzance	SW151759	2
200 Breaststroke	3:05.05	3:07.90	384	24/01/15	Carn Brea & Helston Winter Invitational Meet	Penzance	SW150267	3
50 Butterfly	35.50	36.00	323	02/03/15	Cornwall County Championships	Penzance	CC150362	2
200 Butterfly	3:09.58	3:11.20	251	11/03/12	Cornwall County Championships	Bodmin	CC2076	2
50 Backstroke	36.02	36.60	344	24/01/15	Carn Brea & Helston Winter Invitational Meet	Penzance	SW150267	3
100 Backstroke	1:17.59	1:18.60	354	02/03/15	Cornwall County Championships	Penzance	CC150362	2
200 Backstroke	2:45.56	2:47.60	370	03/03/15	Cornwall County Championships	Bodmin	CC150363	2
200 Individual Medley	2:50.70	2:53.00	363	02/03/15	Cornwall County Championships	Penzance	CC150362	2
400 Individual Medley	5:55.61	6:00.50	386	04/03/12	Cornwall County Championships	Bodmin	CC2074	2
100 Individual Medley	1:18.96	1:19.00	366	04/03/15	Cornwall County Championships	Penzance	CC150364	2