

# Individual Best Times (All Time)

Kirsty Alderman - (850370) - Bracknell & Wokingham SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                         | Venue        | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------------|--------------|----------|-------|
| 50 Freestyle          | 29.59   | 28.90           | 507       | 02/04/16 | Guildford City Springboard Level 1 Open Meet | Guildford    | SE160058 | 1     |
| 100 Freestyle         | 1:08.24 | 1:07.00         | 435       | 18/04/15 | The Bracknell Spring Level 3 Open Meet       | Aldershot    | SE150574 | 3     |
| 200 Freestyle         | 2:48.78 | 2:46.70         | 298       | 25/11/12 | Bracknell & Wokingham Club Championships     | Aldershot    | SE2685   | 4     |
| 50 Breaststroke       | 41.29   | 40.50           | 352       | 18/04/15 | The Bracknell Spring Level 3 Open Meet       | Aldershot    | SE150574 | 3     |
| 100 Breaststroke      | 1:30.31 | 1:28.90         | 358       | 18/04/15 | The Bracknell Spring Level 3 Open Meet       | Aldershot    | SE150574 | 3     |
| 200 Breaststroke      | 3:18.45 | 3:15.80         | 332       | 05/04/14 | The Bracknell Spring Level 3 Open Meet 2014  | Aldershot    | SE4227   | 3     |
| 50 Butterfly          | 36.42   | 35.90           | 301       | 18/04/15 | The Bracknell Spring Level 3 Open Meet       | Aldershot    | SE150574 | 3     |
| 100 Butterfly         | 1:45.39 | 1:44.70         | 145       | 16/10/11 | Wycombe District SC Annual B C Meet          | High Wycombe | SE1358   | 3     |
| 50 Backstroke         | 34.25   | 33.70           | 482       | 28/01/18 | Berks & Sth Bucks County Championships       | Wycombe      | SE180130 | 1     |
| 100 Backstroke        | 1:16.79 | 1:15.70         | 416       | 26/03/17 | Bracknell Wokingham Spring Level 3 Open Meet | Aldershot    | SE170537 | 3     |
| 200 Backstroke        | 2:46.30 | 2:44.30         | 405       | 19/04/14 | Portsmouth Northsea Easter Swim Festival     | Portsmouth   | SE4255   | 1     |
| 200 Individual Medley | 2:50.02 | 2:47.70         | 408       | 18/05/14 | Bracknell & Wokingham SC L1 Open Meet        | Aldershot    | SE4049   | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                             | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 28.97   | 29.70           | 495       | 01/07/17 | Bracknell & Wokingham Level 3 Open Meet          | Bracknell  | SE171288 | 3     |
| 100 Freestyle         | 1:03.08 | 1:04.40         | 505       | 01/07/17 | Bracknell & Wokingham Level 3 Open Meet          | Bracknell  | SE171288 | 3     |
| 200 Freestyle         | 2:25.27 | 2:27.60         | 437       | 15/10/16 | Bracknell & Wokingham 2016 Club Champs           | Bracknell  | SE160656 | 4     |
| 400 Freestyle         | 5:14.09 | 5:18.50         | 399       | 02/12/14 | Bracknell & Wokingham 2014 Club Championships    | Bracknell  | SE14720  | 4     |
| 50 Breaststroke       | 39.05   | 39.80           | 383       | 17/12/16 | 2016 President's Cup                             | Bracknell  | SE161129 | 4     |
| 100 Breaststroke      | 1:22.15 | 1:23.70         | 437       | 17/06/17 | Bracknell & Wokingham 2017 Club Championships    | Bracknell  | SE171243 | 4     |
| 200 Breaststroke      | 2:59.37 | 3:02.30         | 422       | 15/10/16 | Bracknell & Wokingham 2016 Club Champs           | Bracknell  | SE160656 | 4     |
| 50 Butterfly          | 32.99   | 33.60           | 403       | 01/07/17 | Bracknell & Wokingham Level 3 Open Meet          | Bracknell  | SE171288 | 3     |
| 100 Butterfly         | 1:14.28 | 1:15.30         | 385       | 15/10/16 | Bracknell & Wokingham 2016 Club Champs           | Bracknell  | SE160656 | 4     |
| 50 Backstroke         | 32.63   | 33.20           | 463       | 01/07/17 | Bracknell & Wokingham Level 3 Open Meet          | Bracknell  | SE171288 | 3     |
| 100 Backstroke        | 1:14.70 | 1:15.80         | 396       | 08/03/15 | Berks & S Bucks ASA County & Age Group Champs    | Maidenhead | CC150816 | 2     |
| 200 Backstroke        | 2:42.85 | 2:44.90         | 389       | 05/07/14 | Bracknell & Woking Summer Meet                   | Bracknell  | SE4228   | 3     |
| 200 Individual Medley | 2:37.28 | 2:39.80         | 465       | 19/11/16 | Bracknell & Wokingham 2016 Club Champs           | Bracknell  | SE160657 | 4     |
| 400 Individual Medley | 5:42.42 | 5:47.50         | 432       | 03/10/15 | Bracknell & Wokingham SC 2015 Club Championships | Bracknell  | SE150857 | 4     |
| 100 Individual Medley | 1:11.33 | 1:11.30         | 497       | 01/07/17 | Bracknell & Wokingham Level 3 Open Meet          | Bracknell  | SE171288 | 3     |