

Individual Best Times (All Time)

Alexis Barton-Lake - (1215178) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.91	33.30	337	10/07/22	Guildford City SC Long Course Summer Open Meet	Surrey Sport Park	SE221338	3
50 Butterfly	34.44	33.90	356	07/05/22	Swim England South East Summer Championships	Crawley	SE220756	1
50 Backstroke	41.67	41.20	267	28/02/20	Surrey Age Group Championships 2020	London	LR200261	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.46	33.10	352	21/11/21	Dorking SC Invitational Meet 2021	Dorking	SE210873	4
100 Freestyle	1:12.86	1:14.00	328	25/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
200 Freestyle	2:46.04	2:48.10	293	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
800 Freestyle	12:51.13	12:58.60	237	28/05/22	Guildford City SC Distance Time Trials	Surrey Sports Park	SE221277	4
50 Breaststroke	46.37	47.00	229	21/11/21	Dorking SC Invitational Meet 2021	Dorking	SE210873	4
100 Breaststroke	1:41.76	1:43.00	230	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Breaststroke	3:51.60	3:53.90	196	08/06/21	Guildford City	Spectrum	LEX1799	0
50 Butterfly	34.66	35.20	348	26/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
100 Butterfly	1:21.22	1:22.20	294	25/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
50 Backstroke	35.74	36.30	352	21/05/23	Windsor SC Spring Open Meet 2023	Maidenhead	SE230543	3
100 Backstroke	1:20.09	1:21.10	321	30/10/22	Hart SC Autumn Open Meet 2022	Hart Leisure	SE221836	3
200 Backstroke	2:59.15	3:01.00	292	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Individual Medley	3:06.51	3:08.60	278	31/10/21	Hart SC Autumn Open Meet 2021	Hart	SE210700	3
100 Individual Medley	1:31.13	1:31.10	238	08/06/21	Guildford City	Spectrum	LEX1799	0