

Individual Best Times (All Time)

Alexander Brown - (1444999) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.87	27.10	422	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
100 Freestyle	59.24	57.80	494	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Freestyle	2:07.16	2:04.40	516	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
400 Freestyle	4:31.03	4:25.80	535	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
800 Freestyle	9:23.20	9:12.90	517	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
1500 Freestyle	18:09.42	17:50.30	511	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Breaststroke	42.05	41.30	235	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Breaststroke	3:09.25	3:06.40	291	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Butterfly	32.38	31.80	325	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Backstroke	35.61	35.00	289	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Backstroke	1:10.98	1:09.80	384	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
200 Backstroke	2:28.26	2:26.00	430	11/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Individual Medley	2:31.99	2:29.40	421	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.76	28.50	383	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:00.60	1:02.00	405	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Freestyle	2:06.59	2:09.30	483	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
400 Freestyle	4:32.19	4:37.30	474	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
800 Freestyle	9:23.66	9:33.80	486	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
1500 Freestyle	18:07.84	18:26.60	471	07/01/24	Alnwick Dolphins Winter Invitational Meet 2024	Alnwick	NE240183	4
50 Breaststroke	40.79	41.60	228	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
100 Breaststroke	1:26.65	1:28.10	259	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
200 Breaststroke	3:04.24	3:07.10	277	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	NE231716	3
50 Butterfly	31.63	32.20	325	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
100 Butterfly	1:11.56	1:12.60	297	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
50 Backstroke	34.10	34.70	272	24/06/23	Alnwick Dolphins ASC Club Championships 2023	Alnick	NE231258	4
100 Backstroke	1:09.02	1:10.20	343	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Backstroke	2:32.69	2:34.90	331	27/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
200 Individual Medley	2:29.41	2:32.00	395	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
400 Individual Medley	5:46.61	5:51.60	310	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
100 Individual Medley	1:10.82	1:10.80	336	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2