

Individual Best Times (All Time)

Alice Anstead - (1496281) - Ware SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.04	37.50	239	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
50 Breaststroke	47.73	47.10	228	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
50 Backstroke	46.84	46.40	188	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.64	38.20	226	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3
100 Freestyle	1:26.53	1:27.50	195	26/11/23	Hatfield SC County Qualifier Nov 2023	Hatfield	ER231214	3
50 Breaststroke	48.14	48.80	204	26/11/23	Hatfield SC County Qualifier Nov 2023	Hatfield	ER231214	3
100 Breaststroke	1:47.89	1:49.10	193	30/09/23	Ware Swimming Club Championships 2023	Ware	ER231423	4
50 Backstroke	44.71	45.20	180	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3
100 Backstroke	1:41.11	1:41.90	159	24/06/23	Hoddesdon SC Summer Sprint 2023	Harlow	ER230720	3
100 Individual Medley	1:37.89	1:37.90	192	26/11/23	Hatfield SC County Qualifier Nov 2023	Hatfield	ER231214	3