

Individual Best Times (All Time)

Elliott Gilkes-Strong - (1105358) - Havant & Waterlooville SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.88	27.10	421	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
100 Freestyle	1:00.89	59.50	455	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
200 Freestyle	2:14.22	2:11.60	438	15/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
400 Freestyle	5:06.48	5:01.90	370	17/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
50 Butterfly	30.80	30.20	378	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
50 Backstroke	33.40	32.80	350	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
100 Backstroke	1:12.30	1:11.20	363	09/03/19	Windsor LC Level 3 Regional Chaser Open Meet	Guildford	SE190318	3
200 Backstroke	2:33.20	2:31.00	389	16/12/18	Portsmouth Northsea Christmas Meet 2018	Mountbatten SC	SE182213	3
400 Individual Medley	6:31.18	6:26.70	238	24/01/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160575	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.48	28.20	394	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Freestyle	59.70	1:01.10	423	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:10.71	2:13.30	439	17/11/18	Swim Bournemouth Winter Short Course L2 Meet	Bournemouth	SW180271	2
400 Freestyle	4:47.13	4:52.00	403	12/10/18	Havant & Waterlooville Club Championships 2018	Waterlooville	SE182346	4
1500 Freestyle	19:31.01	19:48.50	378	20/10/17	Joint Club Championships Distance Meet 2017	Waterlooville	SE172367	4
50 Breaststroke	44.76	45.50	173	11/07/15	Hampshire County Development Competition 2015	Waterlooville	SE150940	3
100 Breaststroke	1:36.94	1:38.20	185	24/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151951	4
200 Breaststroke	3:20.18	3:22.80	216	02/07/17	Hampshire County Development Competition 2017	Waterlooville	SE171508	3
50 Butterfly	29.32	30.00	408	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Butterfly	1:32.61	1:33.40	137	03/07/16	Hampshire County Development Competition 2016	Waterlooville	SE161070	3
200 Butterfly	4:28.99	4:30.20	62	30/11/13	HVWS Peter Bull Open Meet	Waterlooville	SE3967	3
50 Backstroke	31.90	32.50	332	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Backstroke	1:07.75	1:08.90	363	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Backstroke	2:24.25	2:26.50	392	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
200 Individual Medley	2:37.20	2:39.70	339	13/10/18	Havant & Waterlooville Club Championships 2018	Waterlooville	SE182346	4
400 Individual Medley	6:02.22	6:07.00	272	23/10/15	Havant & Waterlooville Club Championships	Waterlooville	SE151951	4
100 Individual Medley	1:12.73	1:12.70	311	20/10/18	Havant & Waterlooville Club Championships 2018	Waterlooville	SE182347	4