

Individual Best Times (All Time)

Ellie Rees - (1122971) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.60	37.00	247	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
100 Freestyle	1:44.77	1:44.00	120	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
200 Freestyle	2:57.23	2:55.30	258	25/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Breaststroke	53.55	53.00	161	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
100 Breaststroke	1:54.48	1:53.40	175	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Butterfly	43.38	42.90	178	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Butterfly	1:50.71	1:50.00	125	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Backstroke	44.72	44.30	216	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Backstroke	1:57.22	1:56.50	116	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	WAL551	4
200 Individual Medley	3:34.10	3:32.20	204	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.34	35.90	273	31/01/16	Swim Wales South East Regional Championships	Newport	WL160028	2
100 Freestyle	1:20.71	1:21.70	241	10/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
200 Freestyle	2:54.67	2:56.70	251	14/05/16	Swim Wales South East Junior Development Meet	Newport	WL160030	3
400 Freestyle	6:59.57	7:02.90	167	30/11/14	South East Wales Sub Regional Competition	Newport	WAL612	2
800 Freestyle	12:52.00	12:59.50	236	10/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
50 Breaststroke	49.18	49.80	191	11/12/16	City of Newport Christmas Cracker	Newport	WL161579	3
100 Breaststroke	1:50.20	1:51.30	181	14/05/16	Swim Wales South East Junior Development Meet	Newport	WL160030	3
200 Breaststroke	3:53.01	3:55.30	192	10/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
50 Butterfly	41.66	42.10	200	13/12/15	City of Newport Christmas Cracker	Newport	WL152216	3
100 Butterfly	1:40.91	1:41.70	153	14/05/16	Swim Wales South East Junior Development Meet	Newport	WL160030	3
200 Butterfly	3:43.78	3:45.20	152	09/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
50 Backstroke	44.54	45.00	182	11/12/16	City of Newport Christmas Cracker	Newport	WL161579	3
100 Backstroke	1:38.39	1:39.20	173	14/05/16	Swim Wales South East Junior Development Meet	Newport	WL160030	3
200 Backstroke	3:26.84	3:28.50	190	10/09/16	Caerphilly County Swim Squad Club Championships	Caerphilly	WL161581	3
200 Individual Medley	3:17.13	3:19.10	236	13/12/15	City of Newport Christmas Cracker	Newport	WL152216	3
100 Individual Medley	1:48.65	1:48.70	140	03/05/14	City of Newport Spring Open Meet	Newport	WAL566	4