

Individual Best Times (All Time)

Ella Roberts - (1136801) - City of Sheffield Swim Squad Ltd

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 30.33 | 29.60 | 471 | 25/05/19 | City of Sheffield Swim Squad No Frills | Sheffield | NE190401 | 3 |
| 100 Freestyle | 1:06.14 | 1:04.90 | 477 | 29/06/19 | City of Leeds Summer Meet 2019 | Leeds | NE190131 | 3 |
| 200 Freestyle | 2:23.73 | 2:21.30 | 484 | 19/05/18 | City of Sheffield Swim Squad No Frills 2018 | Sheffield | NE180163 | 3 |
| 400 Freestyle | 5:11.89 | 5:07.40 | 429 | 15/04/18 | City of Leeds National Qualifier 2018 | Leeds | NE180082 | 1 |
| 50 Breaststroke | 41.35 | 40.60 | 350 | 15/04/18 | City of Leeds National Qualifier 2018 | Leeds | NE180082 | 1 |
| 100 Breaststroke | 1:28.16 | 1:26.70 | 384 | 19/05/18 | City of Sheffield Swim Squad No Frills 2018 | Sheffield | NE180163 | 3 |
| 200 Breaststroke | 3:06.29 | 3:03.40 | 402 | 24/03/18 | City of Sheffield Swim Squad Premier Meet 2018 | Sheffield | NE180164 | 1 |
| 50 Butterfly | 36.64 | 36.10 | 296 | 20/05/18 | City of Sheffield Swim Squad No Frills 2018 | Sheffield | NE180163 | 3 |
| 100 Butterfly | 1:30.99 | 1:30.10 | 226 | 23/07/17 | City of Sheffield Summer Meet | Sheffield | NE170250 | 3 |
| 50 Backstroke | 37.51 | 37.00 | 367 | 23/09/18 | City of Sheffield 36th Annual Teaspoon Gala 2018 | Sheffield | NE180167 | 3 |
| 100 Backstroke | 1:19.80 | 1:18.80 | 370 | 20/05/18 | City of Sheffield Swim Squad No Frills 2018 | Sheffield | NE180163 | 3 |
| 200 Backstroke | 2:59.04 | 2:57.20 | 325 | 26/11/17 | City of Sheffield Snow Frills Meet | Sheffield | NE170317 | 3 |
| 200 Individual Medley | 2:46.23 | 2:43.80 | 436 | 19/05/18 | City of Sheffield Swim Squad No Frills 2018 | Sheffield | NE180163 | 3 |
| 400 Individual Medley | 6:21.50 | 6:16.90 | 338 | 07/05/17 | Rotherham Metro Springtime Long Course Meet | Sheffield | NE170390 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------------|----------|-------|
| 50 Freestyle | 30.04 | 30.70 | 444 | 20/10/18 | Yorkshire Winter Competition | Sheffield | NE182206 | 2 |
| 100 Freestyle | 1:06.06 | 1:07.30 | 440 | 15/12/18 | Chesterfield Winter Open Championships | Matlock | EM181612 | 3 |
| 200 Freestyle | 2:23.08 | 2:25.50 | 458 | 15/12/18 | Chesterfield Winter Open Championships | Matlock | EM181612 | 3 |
| 400 Freestyle | 5:08.19 | 5:12.70 | 422 | 07/01/18 | Harrogate Janus A & B Grade Meet | Harrogate | NE180140 | 3 |
| 50 Breaststroke | 40.73 | 41.50 | 337 | 15/12/18 | Chesterfield Winter Open Championships | Matlock | EM181612 | 3 |
| 100 Breaststroke | 1:26.18 | 1:27.60 | 378 | 21/10/18 | Yorkshire Winter Competition | Sheffield | NE182206 | 2 |
| 200 Breaststroke | 3:01.96 | 3:04.80 | 404 | 16/12/18 | Chesterfield Winter Open Championships | Matlock | EM181612 | 3 |
| 50 Butterfly | 37.29 | 37.80 | 279 | 25/06/17 | City of Leeds Summer Meet 2017 | Leeds | NE170157 | 3 |
| 50 Backstroke | 36.85 | 37.40 | 321 | 15/12/18 | Chesterfield Winter Open Championships | Matlock | EM181612 | 3 |
| 100 Backstroke | 1:28.62 | 1:29.50 | 237 | 27/03/16 | Weston-Super-Mare 14th Easter Meet | Weston super Mare | SW160589 | 3 |
| 200 Individual Medley | 2:48.12 | 2:50.50 | 380 | 24/06/17 | City of Leeds Summer Meet 2017 | Leeds | NE170157 | 3 |
| 400 Individual Medley | 6:14.73 | 6:19.40 | 329 | 07/01/17 | Harrogate Janus A & B Grade Meet | Harrogate | NE170166 | 3 |
| 100 Individual Medley | 1:54.68 | 1:54.70 | 119 | 20/10/13 | Retford SC Early Bird Meet | Retford | EM3689 | 3 |