

Individual Best Times (All Time)

Lucy Ellis - (1140425) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.26	28.50	525	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Freestyle	1:04.45	1:03.10	516	01/08/21	NER & Yorkshire Festival of Swimming	Sheffield	NE210264	1
200 Freestyle	2:18.37	2:15.80	542	08/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200184	1
400 Freestyle	4:50.61	4:45.70	531	05/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
800 Freestyle	10:08.02	9:58.40	506	24/02/19	Yorkshire County Championships	Sheffield	NE190129	1
50 Breaststroke	45.06	44.40	271	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
50 Butterfly	30.90	30.30	494	26/02/22	Yorkshire Swimming Association Championships 2022	Sheffield	NE220064	1
100 Butterfly	1:08.48	1:07.40	531	25/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
200 Butterfly	2:26.80	2:24.60	571	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
50 Backstroke	34.63	34.00	466	23/02/19	Yorkshire County Championships	Sheffield	NE190129	1
100 Backstroke	1:17.86	1:16.80	399	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Individual Medley	2:50.34	2:48.00	405	06/05/17	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	28.75	29.50	507	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Freestyle	1:01.12	1:02.50	555	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Freestyle	2:14.46	2:17.00	552	05/07/21	Rotherham Metro	Maltby	LEX2973	0
400 Freestyle	4:42.72	4:47.60	547	18/06/21	Rotherham Metro	Maltby	LEX2038	0
800 Freestyle	9:43.01	9:52.80	549	18/11/18	Doncater Darts Distance Trials	Adwick	NE182247	4
50 Breaststroke	38.95	39.80	386	21/05/21	Rotherham Metro	Maltby	LEX1272	0
100 Breaststroke	1:27.28	1:28.70	364	19/05/21	Rotherham Metro	Maltby LC	LEX1173	0
200 Breaststroke	3:05.20	3:08.00	383	04/06/21	Rotherham	Maltby	LEX1636	0
50 Butterfly	30.68	31.30	501	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
100 Butterfly	1:06.59	1:07.70	534	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Butterfly	2:26.71	2:28.80	541	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
50 Backstroke	33.38	34.00	432	19/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Backstroke	1:13.27	1:14.40	420	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Backstroke	2:41.03	2:43.10	402	19/05/21	Rotherham Metro	Maltby LC	LEX1173	0
200 Individual Medley	2:35.08	2:37.60	485	05/07/21	Rotherham Metro	Maltby	LEX2973	0
400 Individual Medley	5:25.38	5:30.70	503	18/06/21	Rotherham Metro	Maltby	LEX2038	0
100 Individual Medley	1:14.03	1:14.00	444	03/07/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220519	3