

Individual Best Times (All Time)

Ella Falkingham - (1150923) - Southport SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.82	28.10	549	10/02/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	NW190177	1
100 Freestyle	1:02.78	1:01.40	558	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
200 Freestyle	2:11.98	2:09.30	625	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1
400 Freestyle	4:36.64	4:31.50	615	06/04/19	Manchester Open 2019	Manchester	NW190308	1
800 Freestyle	9:28.99	9:18.70	618	29/03/19	Stockport Metro Qualifying Open Meet	Stockport	NW191265	1
50 Butterfly	31.28	30.70	476	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Butterfly	1:12.08	1:11.00	456	04/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
200 Butterfly	2:42.54	2:40.60	420	03/02/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180032	1
50 Backstroke	31.53	30.90	618	27/07/19	British Summer Championships	Glasgow	BSW011	1
100 Backstroke	1:08.39	1:07.20	589	26/05/19	2019 SENW Summer Championships	Manchester	NW190234	1
200 Backstroke	2:27.76	2:25.50	578	06/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1
200 Individual Medley	2:43.01	2:40.60	463	27/01/18	Lancs County WPSA Age Groups & Championships	Manchester	NW180031	1
400 Individual Medley	5:52.05	5:47.00	430	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	NW180030	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.50	29.20	520	07/07/19	Southport End of Season Sprint Finale	Knowsley	NW191585	3
100 Freestyle	1:00.92	1:02.30	561	09/12/18	North West Arena Premier Division A Final	Palatine LC	NW182755	3
200 Freestyle	2:09.66	2:12.30	615	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
400 Freestyle	4:36.34	4:41.40	586	29/09/19	North Lancashire Level 2 Age Groups & Champs	Blackpool	NW191770	2
800 Freestyle	9:28.00	9:38.10	593	21/11/19	Southport Club Championships	Dunes LC	NW193172	4
50 Breaststroke	49.30	49.90	190	12/11/15	Southport Club Championships	Southport	NW151670	4
100 Breaststroke	1:51.49	1:52.60	174	28/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3
200 Breaststroke	4:00.44	4:02.60	175	16/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
50 Butterfly	29.91	30.50	541	15/11/22	Southport SC Club Championships	Dunes Leisure Centre	NW221958	4
100 Butterfly	1:11.26	1:12.30	436	24/06/18	North Lancashire Swimming & WP Inter Association	Palatine Pool Blackp	NW181078	3
200 Butterfly	2:45.13	2:47.00	380	16/11/17	Southport Club Championships	Southport	NW172455	4
50 Backstroke	30.86	31.50	547	07/07/19	Southport End of Season Sprint Finale	Knowsley	NW191585	3
100 Backstroke	1:06.65	1:07.80	558	16/10/22	Liverpool & District Age Group & Swimming Champs	Knowsley	NW221397	3
200 Backstroke	2:21.71	2:24.00	591	15/10/22	Liverpool & District Age Group & Swimming Champs	Knowsley	NW221397	3
200 Individual Medley	2:31.56	2:34.10	519	21/11/19	Southport Club Championships	Dunes LC	NW193172	4
400 Individual Medley	5:41.22	5:46.30	437	21/11/17	Southport Club Championships	Southport	NW172456	4
100 Individual Medley	1:25.08	1:25.10	293	17/07/16	Southport End of Season Sprint Finale	Knowsley	NW160711	3