

# Individual Best Times (All Time)

Ellie Cronin - (1163828) - Harlow Penguin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.61	30.90	416	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:11.07	1:09.90	385	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Freestyle	2:43.79	2:41.70	327	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
400 Freestyle	5:42.26	5:38.10	325	19/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Butterfly	32.59	32.00	421	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
50 Backstroke	33.08	32.50	535	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
100 Backstroke	1:11.58	1:10.40	513	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
200 Backstroke	2:41.33	2:39.20	444	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Individual Medley	2:56.74	2:54.50	363	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.63	32.30	380	02/07/17	Spring Festival One Day Open Meet	Braintree	ER170942	3
100 Freestyle	1:09.55	1:10.70	377	15/07/17	Harlow Penguins 6th Eric Shepherd Open Meet	Harlow	ER171099	3
200 Freestyle	2:36.61	2:38.80	349	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
400 Freestyle	5:17.45	5:21.80	386	29/10/16	Cheshunt Open Meet	Harlow	ER160277	3
800 Freestyle	11:11.22	11:19.80	359	14/10/16	Harlow Penguins 800m 1500m Invitation Meet	Harlow	ER161997	4
50 Breaststroke	43.73	44.40	273	22/09/18	Harlow Penguins 50m Sprint Championships	Harlow	ER182154	4
50 Butterfly	33.32	33.90	391	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
100 Butterfly	1:22.01	1:22.90	286	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
50 Backstroke	33.61	34.20	424	09/09/17	Harlow Penguins Club Championships	Harlow	ER172117	4
100 Backstroke	1:12.26	1:13.40	438	18/06/17	4th Midsummer Madness Open Meet	Colchester	ER171100	3
200 Backstroke	2:37.32	2:39.40	432	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
200 Individual Medley	2:43.10	2:45.50	417	02/07/17	Spring Festival One Day Open Meet	Braintree	ER170942	3
400 Individual Medley	5:54.46	5:59.40	389	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
100 Individual Medley	1:22.35	1:22.30	323	10/04/16	Halstead 7th Short Course Open Meet	Braintree	ER160707	3