

Individual Best Times (All Time)

Ellie Fox - (1179528) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.74	28.00	554	30/04/16	ASA North West Region Summer Championships	Manchester	NW160337	1
100 Freestyle	1:03.65	1:02.30	536	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Freestyle	2:19.52	2:17.00	529	05/02/17	Lancashire County Championships	Manchester	NW170200	1
400 Freestyle	4:51.35	4:46.50	527	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Backstroke	2:46.53	2:44.50	404	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.01	28.70	548	18/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162256	4
100 Freestyle	1:01.74	1:03.10	539	22/10/16	Manchester International 2016	Manchester	NW161951	2
200 Freestyle	2:16.15	2:18.70	531	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
400 Freestyle	4:49.40	4:54.20	510	20/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162257	4
50 Breaststroke	44.44	45.10	260	02/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
100 Breaststroke	1:46.00	1:47.20	203	27/09/14	Blackpool Lights 2014	Blackpool	NW4922	3
200 Breaststroke	3:55.93	3:58.20	185	27/09/14	Blackpool Lights 2014	Blackpool	NW4922	3
50 Butterfly	32.43	33.00	424	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
50 Backstroke	36.26	36.80	337	02/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
100 Backstroke	1:17.62	1:18.60	353	13/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
200 Backstroke	2:39.94	2:42.00	411	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
200 Individual Medley	2:55.35	2:57.60	335	28/06/15	Preston Summer Spectacular - L3 Open	Darwen	NW150775	3
100 Individual Medley	1:19.56	1:19.60	358	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3