

Individual Best Times (All Time)

Ella Pemberton - (1196498) - Bor of Waltham Forest (Gators)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.97	29.30	488	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Freestyle	1:05.03	1:03.70	502	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
200 Freestyle	2:21.55	2:19.10	506	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
400 Freestyle	5:00.10	4:55.40	482	14/03/20	2020 London Region Spring Open Meet	London	LR200423	1
800 Freestyle	10:34.87	10:25.70	445	25/03/23	Rushmoor Royals SC Spring Open Meet 2023	Aldershot	SE230477	3
1500 Freestyle	19:56.83	19:39.50	454	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
50 Breaststroke	41.40	40.60	349	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Breaststroke	1:41.17	1:39.90	254	08/07/18	BWFSC SUMMER MEET LEVEL 3	LONDON	LR181256	3
200 Breaststroke	4:24.52	4:22.50	140	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Butterfly	32.58	32.00	421	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Butterfly	1:28.51	1:27.60	246	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
200 Butterfly	4:08.23	4:06.90	118	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
50 Backstroke	34.54	34.00	470	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Backstroke	1:15.90	1:14.80	430	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Backstroke	2:43.95	2:41.90	423	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Individual Medley	2:52.59	2:50.30	390	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
400 Individual Medley	6:26.49	6:21.90	325	28/05/17	2017 London Swimming May Open Meet	London	LR170886	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.55	30.20	467	20/05/23	Cheshunt SC Anniversary Open Meet 2023	Harlow	ER230463	3
100 Freestyle	1:03.83	1:05.10	487	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
200 Freestyle	2:19.35	2:21.80	496	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
400 Freestyle	4:54.74	4:59.50	483	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
800 Freestyle	10:06.72	10:16.20	487	13/05/23	Bo Waltham Forest SC Gators Time Trials 2023	Sylvestrian LC	LR230640	4
1500 Freestyle	19:24.54	19:42.10	474	26/03/23	RTSC Long Distance Regional Qualifier Meet 2023	Romford	LR230467	3
50 Breaststroke	40.56	41.30	342	12/05/23	Bo Waltham Forest SC Gators Time Trials 2023	Sylvestrian LC	LR230639	4
100 Breaststroke	1:31.18	1:32.60	319	01/03/20	Hackney Aquatics Spring Invitational Development	London	LR200493	4
200 Breaststroke	3:12.19	3:14.90	343	15/05/23	Bo Waltham Forest SC Gators Time Trials 2023	Sylvestrian LC	LR230642	4
50 Butterfly	32.21	32.80	433	16/04/23	Romford Town Easter Open Meet	Basildon	LR230148	3
100 Butterfly	1:16.59	1:17.60	351	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	ER220050	2
200 Butterfly	3:01.65	3:03.40	285	13/05/22	Bor of Waltham Forest SC Summer Time Trials 2022	Sylvestrian LC	LR220622	4
50 Backstroke	34.17	34.80	403	27/03/22	Hatfield SC Regional Qualifier	Hatfield	ER220254	3
100 Backstroke	1:13.16	1:14.30	422	06/11/21	SE London Winter Championships 2021	London	LR211006	2
200 Backstroke	2:34.70	2:36.80	454	07/11/21	SE London Winter Championships 2021	London	LR211006	2
200 Individual Medley	2:41.43	2:43.90	430	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
400 Individual Medley	5:45.89	5:50.90	419	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
100 Individual Medley	1:15.57	1:15.60	418	15/05/23	Bo Waltham Forest SC Gators Time Trials 2023	Sylvestrian LC	LR230642	4