

Individual Best Times (All Time)

Ellie Cowin - (1299949) - Southern I-O-M SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.98	30.30	442	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
100 Freestyle	1:11.18	1:10.00	383	04/12/21	City of Manchester Aquatics Arena Snowpen 2021	Manchester	NW211519	3
200 Freestyle	2:53.14	2:51.10	276	06/07/19	MANCHESTER SUMMER NON NATIONAL MEET	MANCHESTER	NW190444	3
50 Breaststroke	39.45	38.60	403	05/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
100 Breaststroke	1:29.28	1:27.90	370	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Breaststroke	3:26.34	3:23.80	296	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	NE190335	3
50 Butterfly	42.00	41.50	196	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
50 Backstroke	38.72	38.20	333	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	NW220367	1
100 Backstroke	1:29.62	1:28.70	261	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	NE190335	3
200 Backstroke	3:13.15	3:11.40	259	07/07/19	MANCHESTER SUMMER NON NATIONAL MEET	MANCHESTER	NW190444	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	19/11/22	Utmost IOM Swimming Championships 2022	Douglas, IOM	NW222486	3
100 Freestyle	1:09.92	1:11.10	371	19/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
200 Freestyle	2:39.57	2:41.70	330	08/03/20	Wirral Metro Spring Development Meet	Birkenhead	NW200162	3
50 Breaststroke	37.67	38.50	427	27/11/22	Utmost IOM Swimming Championships 2022	Douglas, IOM	NW222487	3
100 Breaststroke	1:25.17	1:26.60	392	26/11/22	Utmost IOM Swimming Championships 2022	Douglas, IOM	NW222487	3
200 Breaststroke	3:17.32	3:20.00	317	05/03/22	IoM SA Utmost Wealth Solutions League Match Series	Douglas	NW220660	3
50 Butterfly	35.53	36.10	323	19/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3
50 Backstroke	36.81	37.40	322	26/11/22	Utmost IOM Swimming Championships 2022	Douglas, IOM	NW222487	3
100 Backstroke	1:22.29	1:23.30	296	27/11/22	Utmost IOM Swimming Championships 2022	Douglas, IOM	NW222487	3
100 Individual Medley	1:19.83	1:19.80	354	25/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3