

Individual Best Times (All Time)

Elen Ruck - (1302858) - Bristol Henleaze SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.11	30.40	437	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Freestyle	1:07.34	1:06.10	452	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
200 Freestyle	2:28.89	2:26.50	435	30/01/22	Gloucester County Championships 2022	Hengrove LC	SW220073	1
400 Freestyle	5:04.81	5:00.20	460	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
1500 Freestyle	20:18.30	20:01.20	431	17/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240063	1
50 Breaststroke	49.54	48.90	203	17/03/18	City of Cardiff Tiger Bay Open Meet	Cardiff	WL180123	3
100 Breaststroke	1:59.38	1:58.30	155	29/10/16	City of Bristol L3 Long Course Early Bird Open	Bristol	SW160659	3
200 Breaststroke	4:15.92	4:13.80	155	30/10/16	City of Bristol L3 Long Course Early Bird Open	Bristol	SW160659	3
50 Butterfly	33.90	33.30	374	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Butterfly	1:20.12	1:19.20	332	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
50 Backstroke	43.51	43.00	235	17/03/18	City of Cardiff Tiger Bay Open Meet	Cardiff	WL180123	3
200 Individual Medley	3:05.11	3:03.00	316	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
400 Individual Medley	6:45.30	6:40.90	282	30/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	17/11/22	Bristol Henleaze SC Club Championships 2022	Bristol	SW222189	4
100 Freestyle	1:05.72	1:07.00	447	14/11/22	Bristol Henleaze SC Club Championships 2022	Bristol	SW222187	4
200 Freestyle	2:21.95	2:24.40	469	16/11/22	Bristol Henleaze SC Club Championships 2022	Bristol	SW222188	4
400 Freestyle	4:54.89	4:59.60	482	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
1500 Freestyle	19:03.89	19:21.80	500	13/11/22	Gloucester County ASA Distance Meet 2022	Bristol	SW222111	3
50 Breaststroke	49.38	50.00	189	28/10/17	City of Bristol L3 Short Course Early Bird Meet	Bristol	SW171926	3
50 Butterfly	33.18	33.70	396	17/11/22	Bristol Henleaze SC Club Championships 2022	Bristol	SW222189	4
100 Butterfly	1:17.71	1:18.70	336	27/11/21	Bristol Henleaze Sprint Spectacular	Weston-Super-Mare	SW210388	3
50 Backstroke	39.30	39.80	265	30/11/19	County Qualifier Level 3 Open Meet 2019	Gloucester	SW191631	3
200 Individual Medley	2:49.29	2:51.60	372	06/11/23	Bristol Henleaze SC Winter Club Championships 2023	Clifton	SW232135	4
100 Individual Medley	1:22.19	1:22.20	325	21/01/20	Gloucester County Championships	Gloucester	SW200242	2