

Individual Best Times (All Time)

Eliza Steele - (1345478) - Beverley Barracudas SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.58	36.00	268	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Freestyle	3:15.61	3:13.80	192	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3
400 Freestyle	7:12.64	7:09.40	161	02/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
50 Breaststroke	48.98	48.30	211	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
100 Breaststroke	1:50.59	1:49.40	195	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
50 Butterfly	45.54	45.10	154	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
50 Backstroke	40.21	39.70	298	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
100 Backstroke	1:28.61	1:27.70	270	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Backstroke	3:06.63	3:04.80	287	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Individual Medley	3:24.34	3:22.40	235	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.76	34.40	313	18/06/23	Barracudas Summer Solstice Sprints Meet 2023	Beverley	NE230455	3
100 Freestyle	1:14.68	1:15.80	304	29/10/22	Hull & District Spooky Sprints	Beverley Leisure	NE221405	3
200 Freestyle	2:50.53	2:52.60	270	09/07/22	Bridlington SC Seaside Special	Bridlington	NE220596	3
400 Freestyle	6:39.74	6:43.30	193	01/07/19	WNSC Club Championships 2019	Kings Lynn	ER192252	4
50 Breaststroke	45.76	46.40	238	17/09/22	Beverley Barracudas County Qualifier	Beverley	NE220512	3
100 Breaststroke	1:42.01	1:43.20	228	19/03/23	Beverley Spring Equinox Extravaganza 2023	Beverley	NE230189	3
200 Breaststroke	3:37.72	3:40.10	236	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	ER220087	3
50 Butterfly	40.26	40.70	222	11/09/22	Thetford Dolphins Swimming Club Nifty 50s	Thetford	ER221507	3
100 Butterfly	1:54.07	1:54.70	106	02/11/20	West Norfolk SC	Alive St James	LEX593	0
50 Backstroke	36.92	37.50	319	17/09/23	Barracudas Autumn Equinox County Qualifier 2023	Beverley	NE230454	3
100 Backstroke	1:19.26	1:20.30	332	17/09/23	Barracudas Autumn Equinox County Qualifier 2023	Beverley	NE230454	3
200 Backstroke	2:49.54	2:51.50	345	10/07/22	Bridlington SC Seaside Special	Bridlington	NE220596	3
200 Individual Medley	3:02.20	3:04.40	299	04/12/22	Hull & District Christmas Cracker 2022	Beverley	NE221944	3
400 Individual Medley	7:04.16	7:08.30	227	30/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	ER210212	4
100 Individual Medley	1:24.13	1:24.10	303	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3