

# Individual Best Times (All Time)

Ellie Macleod - (1374296) - Woking SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.87	29.20	493	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
100 Freestyle	1:02.69	1:01.30	561	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Freestyle	2:14.57	2:12.00	589	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
400 Freestyle	4:48.40	4:43.50	543	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
800 Freestyle	9:48.79	9:38.90	558	10/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
1500 Freestyle	19:03.49	18:45.30	521	22/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
50 Breaststroke	45.98	45.30	255	19/02/22	Surrey County Age Group Championships 2022	Stratford	LR220177	1
100 Breaststroke	1:24.66	1:23.20	434	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
200 Breaststroke	3:05.09	3:02.20	410	26/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
50 Butterfly	32.27	31.70	433	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
100 Butterfly	1:12.22	1:11.20	453	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
200 Butterfly	2:36.34	2:34.30	472	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
50 Backstroke	34.72	34.10	462	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
100 Backstroke	1:17.74	1:16.70	401	22/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
200 Backstroke	2:41.33	2:39.20	444	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot	SE231747	3
200 Individual Medley	2:34.35	2:31.80	545	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
400 Individual Medley	5:25.66	5:20.20	544	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.34	30.00	477	08/10/23	Woking SC Club Champs 2023	Woking	SE231775	4
100 Freestyle	1:02.48	1:03.80	520	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
200 Freestyle	2:13.42	2:16.00	565	23/06/24	Woking SC Club Champs 2024	Woking	SE241515	4
400 Freestyle	4:37.10	4:42.10	581	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
800 Freestyle	9:30.40	9:40.40	586	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
1500 Freestyle	18:24.09	18:42.60	556	15/06/24	Kingston Royals Long Distance Club Championships	Guildford	LR241093	4
50 Breaststroke	38.70	39.50	393	29/10/23	Hart SC Autumn Level 3 Open Meet 2023	Hart	SE232050	3
100 Breaststroke	1:22.24	1:23.80	435	19/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
200 Breaststroke	2:52.27	2:55.30	476	18/06/24	Woking SC Club Champs 2024	Woking	SE241515	4
50 Butterfly	32.29	32.90	430	08/07/23	Bracknell & Wokinghm SC Summer L3 Meet 2023	Bracknell	SE230717	3
100 Butterfly	1:08.22	1:09.30	497	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Butterfly	2:28.71	2:30.80	520	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Backstroke	34.17	34.80	403	08/10/23	Woking SC Club Champs 2023	Woking	SE231775	4
100 Backstroke	1:12.21	1:13.30	439	14/10/23	National Arena Swimming League South R1 2023	Maidenhead	SE231982	3
200 Backstroke	2:29.70	2:31.90	501	23/06/24	Woking SC Club Champs 2024	Woking	SE241515	4
200 Individual Medley	2:30.11	2:32.70	535	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
400 Individual Medley	5:23.13	5:28.50	514	19/03/24	Woking SC Club Champs 2024	Woking	SE240682	4
100 Individual Medley	1:13.64	1:13.60	451	08/07/23	Bracknell & Wokinghm SC Summer L3 Meet 2023	Bracknell	SE230717	3