

Individual Best Times (All Time)

Elin Winstanley - (1385183) - City of Hereford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.44	26.70	636	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Freestyle	59.80	58.40	646	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
200 Freestyle	2:14.72	2:12.10	587	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:47.68	4:42.80	547	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
800 Freestyle	9:45.96	9:36.00	566	04/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
1500 Freestyle	19:26.20	19:08.40	491	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
50 Breaststroke	34.64	33.70	596	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Breaststroke	1:16.63	1:15.00	586	24/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Breaststroke	2:56.23	2:53.20	475	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Butterfly	30.51	29.90	513	01/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
100 Butterfly	1:08.85	1:07.70	523	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Backstroke	31.68	31.00	609	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
100 Backstroke	1:09.93	1:08.80	551	11/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230736	1
200 Backstroke	2:27.81	2:25.50	578	25/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Individual Medley	2:29.10	2:26.40	605	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
400 Individual Medley	5:23.66	5:18.20	554	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.27	28.00	594	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
100 Freestyle	58.34	59.80	639	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:08.75	2:11.40	628	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
400 Freestyle	4:35.57	4:40.60	591	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
800 Freestyle	9:35.10	9:45.10	572	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
1500 Freestyle	18:43.43	19:01.60	528	17/09/23	Co Hereford Invitational Club Championships 2023	Hereford	WM231868	4
50 Breaststroke	33.78	34.70	592	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:14.24	1:15.90	592	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Breaststroke	2:53.03	2:56.10	470	27/01/24	Worcester County SA County Championships 2024	Worcester	WM240080	2
50 Butterfly	29.77	30.40	549	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Butterfly	1:08.38	1:09.50	493	27/01/24	Worcester County SA County Championships 2024	Worcester	WM240080	2
200 Butterfly	2:40.49	2:42.40	413	16/06/24	City of Hereford SC Applefest 2024	Hereford	WM240946	3
50 Backstroke	31.04	31.70	538	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Backstroke	1:06.04	1:07.20	574	04/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2
200 Backstroke	2:20.92	2:23.30	601	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Individual Medley	2:25.98	2:28.70	581	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:15.19	5:20.70	554	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Individual Medley	1:06.76	1:06.80	606	03/02/24	Worcester County SA County Championships 2024	Smethwick	WM240081	2