

Individual Best Times (All Time)

Thomas Ellershaw - (1402586) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.67	25.90	481	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
100 Freestyle	1:00.45	59.10	465	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Freestyle	2:15.75	2:13.20	424	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Breaststroke	34.42	33.50	428	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
100 Breaststroke	1:17.84	1:16.20	390	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
200 Breaststroke	2:56.38	2:53.40	360	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
50 Butterfly	31.13	30.50	366	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Backstroke	29.88	29.20	489	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
100 Backstroke	1:04.83	1:03.60	504	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
200 Backstroke	2:24.88	2:22.60	460	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Individual Medley	2:42.53	2:40.10	345	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.92	27.70	419	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Freestyle	58.92	1:00.30	440	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Freestyle	2:08.82	2:11.50	459	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
400 Freestyle	5:02.23	5:06.80	346	01/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
800 Freestyle	10:31.75	10:40.80	345	09/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231694	4
50 Breaststroke	33.76	34.70	403	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Breaststroke	1:12.81	1:14.50	437	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Breaststroke	2:41.79	2:45.00	409	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Butterfly	32.94	33.50	287	01/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
100 Butterfly	1:17.13	1:18.10	237	30/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
50 Backstroke	30.61	31.30	376	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Backstroke	1:06.50	1:07.70	383	09/12/23	National Arena Swimming League South Round 3 Final	High Wycombe	SE232568	2
200 Backstroke	2:21.88	2:24.20	412	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Individual Medley	2:28.76	2:31.40	400	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
400 Individual Medley	5:32.27	5:37.50	352	29/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
100 Individual Medley	1:08.47	1:08.50	372	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2