

Individual Best Times (All Time)

Ellie Heyworth - (1412577) - Great Harwood Otters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.95	29.20	489	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:06.31	1:05.00	474	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Freestyle	2:27.13	2:24.70	451	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
50 Butterfly	31.43	30.80	469	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	NW230689	1
100 Butterfly	1:13.69	1:12.70	426	21/05/22	City of Sheffield No Frills Meet	Sheffield	NE220613	3
50 Backstroke	35.74	35.20	424	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Individual Medley	2:48.87	2:46.50	416	22/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.52	30.20	468	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Freestyle	1:05.25	1:06.50	456	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
200 Freestyle	2:22.03	2:24.50	468	12/11/21	Preston SC Club Champs 2021	Preston	NW211406	4
50 Breaststroke	40.37	41.10	347	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
100 Breaststroke	1:28.08	1:29.50	354	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
50 Butterfly	31.52	32.10	462	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Butterfly	1:10.04	1:11.10	459	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
200 Butterfly	3:03.62	3:05.30	276	12/11/21	Preston SC Club Champs 2021	Preston	NW211406	4
50 Backstroke	34.22	34.80	401	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	NW220396	2
100 Backstroke	1:14.93	1:16.00	393	16/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
200 Backstroke	2:42.37	2:44.40	393	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
200 Individual Medley	2:42.15	2:44.60	424	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
100 Individual Medley	1:16.69	1:16.70	400	03/12/22	Preston SC Christmas Countdown Meet 2022	Darwen	NW222185	4