

Individual Best Times (All Time)

Elise Ainscough - (1527492) - Horwich Leisure Centre SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.82	31.20	408	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Freestyle	1:08.05	1:06.80	438	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	2:28.34	2:26.00	440	13/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
400 Freestyle	5:18.10	5:13.70	405	27/01/24	Lancashire County Championships 2024	Manchester	NW240296	1
50 Breaststroke	41.96	41.20	335	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Breaststroke	1:29.60	1:28.20	366	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Breaststroke	3:10.61	3:07.80	375	13/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
100 Butterfly	1:31.27	1:30.40	224	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
50 Backstroke	41.50	41.00	271	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Backstroke	1:25.96	1:25.00	296	30/04/23	SE North West Regional Summer Championships 2023	Liverpool	NW230690	1
200 Backstroke	2:58.68	2:56.80	327	14/05/23	SE North West Regional Summer Championships 2023	Liverpool	NW230691	1
200 Individual Medley	2:53.05	2:50.80	387	14/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.56	32.20	383	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Freestyle	1:07.82	1:09.00	406	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Freestyle	2:24.25	2:26.60	447	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
400 Freestyle	5:07.35	5:11.90	426	06/01/24	Bobcats 'Last Chance County Qualifier' 2024	Darwen	NW240046	3
50 Breaststroke	40.94	41.70	332	19/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
100 Breaststroke	1:28.64	1:30.10	348	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Breaststroke	3:12.43	3:15.20	342	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
50 Butterfly	37.57	38.10	273	29/10/23	Bobcats Monster Splash 2023	Darwen	NW231427	3
100 Butterfly	1:28.01	1:28.90	231	18/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
50 Backstroke	38.37	38.90	284	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Backstroke	1:20.18	1:21.20	320	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Backstroke	2:49.84	2:51.80	343	26/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3
200 Individual Medley	2:47.95	2:50.30	381	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Individual Medley	1:20.74	1:20.70	342	25/05/24	Blackpool Rocks 2024	Blackpool	NW240523	3