

Individual Best Times (All Time)

Ellis Millington - (1620717) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.45	34.90	205	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
100 Freestyle	1:15.39	1:14.30	240	24/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240096	1
200 Freestyle	2:46.05	2:43.90	231	04/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
50 Breaststroke	48.98	48.30	148	04/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
100 Breaststroke	1:45.41	1:44.20	157	03/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
200 Breaststroke	3:36.89	3:34.40	193	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
50 Butterfly	35.10	34.60	255	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Butterfly	1:22.21	1:21.30	217	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
200 Butterfly	3:03.72	3:02.00	216	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
50 Backstroke	38.69	38.20	225	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
100 Backstroke	1:24.49	1:23.50	227	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
200 Backstroke	2:56.30	2:54.40	255	09/03/24	NOVA Centurion March National Qualifier 2024	Nottingham	EM240290	1
200 Individual Medley	2:54.62	2:52.30	278	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
400 Individual Medley	6:20.21	6:15.60	259	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.15	36.70	173	07/04/24	Chesterfield SC Spring Meet 2024	Matlock	EM240389	3
100 Freestyle	1:16.05	1:17.10	204	12/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240769	4
200 Freestyle	2:40.85	2:43.00	235	09/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240769	4
400 Freestyle	5:38.29	5:42.40	246	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
50 Breaststroke	47.67	48.30	143	07/10/23	Notts Sports Centre League 2023 - Division 1	Hucknall	EM230430	4
100 Breaststroke	1:39.10	1:40.40	173	23/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240770	4
200 Breaststroke	3:20.55	3:23.20	215	09/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240769	4
50 Butterfly	35.45	36.00	230	12/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240769	4
100 Butterfly	1:21.36	1:22.30	202	06/04/24	Chesterfield SC Spring Meet 2024	Matlock	EM240389	3
200 Butterfly	3:00.39	3:02.10	207	28/04/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240768	4
50 Backstroke	39.30	39.80	178	10/02/24	Nottinghamshire ASA Stage 1 Gala	Bramcote	EM240367	4
100 Backstroke	1:21.13	1:22.10	211	23/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240770	4
200 Backstroke	2:55.99	2:57.90	216	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Individual Medley	2:56.35	2:58.60	240	12/05/24	Sherwood Colliery SC Club Champs 2024	Mansfield	EM240769	4
400 Individual Medley	6:08.01	6:12.80	259	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
100 Individual Medley	1:25.62	1:25.60	190	13/01/24	Nottinghamshire ASA Stage 3 Gala	Worksop	EM240384	4