

Individual Best Times (All Time)

Ellie Rowley - (1652941) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.71	40.20	195	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Freestyle	1:23.56	1:22.50	236	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	3:01.76	2:59.80	239	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
400 Freestyle	6:10.90	6:07.10	255	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	53.19	52.60	164	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:49.73	1:48.60	199	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	3:53.35	3:51.10	204	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	55.58	55.20	84	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Backstroke	41.77	41.30	265	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Backstroke	1:36.81	1:36.00	207	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	3:21.21	3:19.50	229	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Individual Medley	3:23.72	3:21.80	237	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.58	39.10	209	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:23.69	1:24.70	216	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:00.15	3:02.10	229	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
400 Freestyle	5:54.81	5:58.80	277	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	11:56.02	12:04.10	296	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
1500 Freestyle	22:38.84	22:54.00	298	26/06/24	Killerwhales Summer Long Distance Time Trials 2024	Romford	LR241553	4
50 Breaststroke	52.41	53.00	158	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:50.10	1:51.20	181	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:53.89	3:56.10	190	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	50.68	51.10	111	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:46.07	1:46.80	132	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	45.53	46.00	170	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:36.84	1:37.70	182	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:13.21	3:14.90	233	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:15.35	3:17.40	242	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
400 Individual Medley	6:51.34	6:55.60	249	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Individual Medley	1:38.27	1:38.30	190	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4