

Individual Best Times (All Time)

Elliot Routledge - (220643) - Workington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.20	25.40	508	01/05/16	ASA North West Region Summer Championships	Manchester	NW160337	1
100 Freestyle	56.01	54.50	585	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
200 Freestyle	2:02.79	1:59.90	573	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
400 Freestyle	4:21.72	4:16.30	594	09/06/13	BG NWR 2013 Age Group Championships	Manchester	NWR307	1
50 Breaststroke	43.54	42.80	211	21/11/09	Stockport Metro 15th Mt	Stockport	NW9691	1
100 Breaststroke	1:19.03	1:17.40	372	20/01/13	City of Leeds New Year Meet	Leeds	NE3218	3
200 Breaststroke	3:21.01	3:18.40	243	13/06/10	North West Age Groups	Manchester	NWR003	1
50 Butterfly	27.64	26.90	523	25/01/14	Northern Area Zonal Meet 2014	Sheffield	ZM4403	1
100 Butterfly	1:00.41	59.10	548	06/06/15	2015 North West Regional Championships	Manchester	NW150103	1
200 Butterfly	2:15.93	2:13.60	534	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
50 Backstroke	28.84	28.10	544	30/04/16	ASA North West Region Summer Championships	Manchester	NW160337	1
100 Backstroke	1:01.02	59.70	604	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Backstroke	2:11.47	2:08.90	616	05/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Individual Medley	2:16.64	2:13.70	580	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
400 Individual Medley	4:46.87	4:40.70	604	03/05/14	2014 ASANWR Youth Championships	Liverpool	NWR400	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.10	25.90	518	23/11/23	Workington Club Championships 2023	Workington	NW232588	4
100 Freestyle	54.89	56.40	545	08/03/15	2015 Cumbria Age Groups & County Championships	Kendal	CC150099	2
200 Freestyle	1:58.71	2:01.60	586	16/11/14	Stockport Metro November Open Meet	Stockport	NW4424	2
400 Freestyle	4:09.27	4:14.80	617	15/11/14	Stockport Metro November Open Meet	Stockport	NW4424	2
800 Freestyle	9:08.71	9:19.10	527	22/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3
1500 Freestyle	16:50.10	17:10.30	589	22/03/14	2014 Cumbrian Age Groups & County Champs	Carlisle	CC4046	2
50 Breaststroke	32.64	33.60	446	30/11/23	Workington Club Championships 2023	Workington	NW232589	4
100 Breaststroke	1:10.95	1:12.70	472	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal	CC150098	2
200 Breaststroke	2:35.83	2:39.20	458	08/03/15	2015 Cumbria Age Groups & County Championships	Kendal	CC150099	2
50 Butterfly	27.09	27.80	517	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
100 Butterfly	59.27	1:00.50	523	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal	CC150098	2
200 Butterfly	2:10.14	2:12.50	553	15/11/14	Stockport Metro November Open Meet	Stockport	NW4424	2
50 Backstroke	27.89	28.60	498	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
100 Backstroke	58.85	1:00.20	553	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
200 Backstroke	2:07.71	2:10.30	565	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Individual Medley	2:13.29	2:16.20	556	15/11/14	Stockport Metro November Open Meet	Stockport	NW4424	2
400 Individual Medley	4:42.27	4:48.40	575	15/03/14	Cumbria County Championships	Whitehaven	CC4045	2
100 Individual Medley	1:01.70	1:01.70	509	23/09/23	Workington 14th Presidents Gala 2023	Workington	NW231619	3