

Individual Best Times (All Time)

Elizabeth Allen - (493037) - Newton Abbot Swimming and Water

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.80	31.10	409	28/01/12	ASA South Zonal Meet	Millfield	ZM2171	1
100 Freestyle	1:09.09	1:07.90	419	22/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
200 Freestyle	2:35.88	2:33.60	379	21/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
800 Freestyle	11:48.25	11:40.00	320	22/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
50 Breaststroke	45.81	45.10	257	22/01/12	Exeter City Level 1 Open Meet	Cardiff	SW2054	1
100 Breaststroke	1:38.79	1:37.50	273	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
200 Breaststroke	3:34.18	3:31.70	264	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
100 Butterfly	1:45.53	1:44.80	145	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
50 Backstroke	45.19	44.70	209	10/01/09	Exeter City Open	Millfield	SW9100	1
100 Backstroke	1:21.94	1:21.00	342	20/06/10	BG South West Age Groups	Millfield	SWR006	1
200 Backstroke	3:10.11	3:08.30	271	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
200 Individual Medley	3:05.90	3:03.80	312	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.73	31.40	415	01/04/12	Devon County Inter Club Competition	Plymouth	SW2084	2
100 Freestyle	1:07.23	1:08.50	417	27/11/11	Exeter City November Meet	Exeter	SW1562	3
200 Freestyle	2:29.05	2:31.40	405	23/03/12	Devon County Championships	Exeter	CC2029	2
400 Freestyle	5:17.44	5:21.80	386	10/03/12	Devon County Championships	Plymouth	CC2028	2
800 Freestyle	10:52.03	11:00.80	392	18/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	46.75	47.40	223	04/07/10	ASA SWR Sprint Comp	Gloucester	SW0188	3
100 Breaststroke	1:34.87	1:36.20	284	27/02/10	Devon County Champs	Plymouth	CC0063	2
200 Breaststroke	3:23.26	3:25.80	290	05/11/11	Tiverton 5th Sparkler Open Meet	Tiverton	SW1366	3
50 Butterfly	42.07	42.50	194	28/06/09	ASASWR Sprint Competition	Gloucester	SW9109	3
100 Butterfly	1:36.97	1:37.80	173	13/02/10	Devon County Champs	Tiverton	CC0062	2
200 Butterfly	3:53.79	3:55.10	133	07/03/09	Devon County Champs	Tiverton	CC9052	2
50 Backstroke	36.98	37.50	318	04/07/10	ASA SWR Sprint Comp	Gloucester	SW0188	3
100 Backstroke	1:17.46	1:18.50	355	04/03/12	Devon County Championships	Plymouth	CC2030	2
200 Backstroke	2:50.73	2:52.70	338	19/02/12	Devon County Championships	Tiverton	CC2027	2
200 Individual Medley	3:01.97	3:04.10	300	25/07/10	Plymouth Leander Open	Plymouth	SW0397	3
100 Individual Medley	1:21.65	1:21.70	331	04/07/10	ASA SWR Sprint Comp	Gloucester	SW0188	3