

# Individual Best Times (All Time)

Elise Shields - (539274) - Tynemouth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.59	1:17.50	284	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Breaststroke	3:56.13	3:53.90	197	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3
200 Individual Medley	2:58.84	2:56.60	350	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.57	33.20	348	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
100 Freestyle	1:09.30	1:10.50	381	24/04/16	Chester le Street Annual Club Gala	Chester-le-Street	NE160684	3
200 Freestyle	2:37.56	2:39.80	343	22/03/15	Tynemouth ASC Club Championships	Tynemouth	NE150819	4
400 Freestyle	5:23.78	5:28.10	364	10/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
50 Breaststroke	45.78	46.50	237	08/12/13	Derwentside ASC Christmas Cracker	Stanley	NE3702	3
100 Breaststroke	1:40.97	1:42.20	235	05/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle	NE4685	3
200 Breaststroke	3:41.37	3:43.80	224	18/10/14	Tynemouth ASC Autumn Gala	Tynemouth	NE14444	3
50 Butterfly	39.59	40.10	233	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
100 Butterfly	1:36.12	1:36.90	177	17/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Auckland	NE4302	3
50 Backstroke	39.11	39.60	269	24/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street	NE151510	3
100 Backstroke	1:23.01	1:24.00	289	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
200 Backstroke	3:07.75	3:09.50	254	22/06/14	Tynemouth ASC Club Championships	Tynemouth	NE4065	4
200 Individual Medley	2:52.82	2:55.10	350	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
100 Individual Medley	1:22.62	1:22.60	319	24/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street	NE151510	3