

Individual Best Times (All Time)

Ellie Pomfret - (556259) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.56	29.90	461	28/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
100 Freestyle	1:05.93	1:04.60	482	04/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Freestyle	2:28.21	2:25.80	441	22/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
800 Freestyle	11:04.91	10:56.10	387	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1
50 Breaststroke	39.25	38.40	410	04/02/17	Lancashire County Championships	Manchester	NW170200	1
100 Breaststroke	1:25.47	1:24.00	422	05/02/17	Lancashire County Championships	Manchester	NW170200	1
200 Breaststroke	3:06.77	3:03.90	399	28/01/17	Lancashire County Championships	Manchester	NW170199	1
50 Butterfly	33.35	32.80	393	31/05/15	2015 North West Regional Championships	Manchester	NW150102	1
100 Butterfly	1:14.42	1:13.40	414	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
50 Backstroke	36.26	35.70	406	29/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
100 Backstroke	1:18.48	1:17.40	389	10/05/15	City of Coventry May Open Meet	Coventry	WM150396	1
200 Individual Medley	2:42.13	2:39.70	470	28/01/17	Lancashire County Championships	Manchester	NW170199	1
400 Individual Medley	5:45.63	5:40.50	455	29/01/17	Lancashire County Championships	Manchester	NW170199	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.65	30.30	462	18/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162256	4
100 Freestyle	1:05.67	1:06.90	448	01/05/16	Blackpool Rocks 2016	Blackpool	NW160510	3
200 Freestyle	2:18.90	2:21.40	500	15/10/16	North Lancs Level 2 Age Groups & Champs	Blackpool	NW161715	2
400 Freestyle	5:02.06	5:06.70	449	10/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
800 Freestyle	10:20.18	10:29.40	456	25/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
50 Breaststroke	38.18	39.00	410	18/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162256	4
100 Breaststroke	1:22.93	1:24.40	425	01/04/17	Burnley Bobcats Last Chance Regional Qualifier	Darwen	NW170616	3
200 Breaststroke	2:57.88	3:00.80	432	01/04/17	Burnley Bobcats Last Chance Regional Qualifier	Darwen	NW170616	3
50 Butterfly	32.55	33.10	420	26/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
100 Butterfly	1:13.78	1:14.80	393	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
200 Butterfly	2:46.09	2:48.00	373	01/11/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
50 Backstroke	34.03	34.60	408	01/11/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
100 Backstroke	1:15.50	1:16.60	384	10/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
200 Backstroke	2:39.18	2:41.30	417	29/10/16	Blackpool Lights 2016	Blackpool	NW161323	3
200 Individual Medley	2:35.27	2:37.80	483	20/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162257	4
400 Individual Medley	5:32.45	5:37.70	472	15/12/16	Blackpool Aquatics Club Championships	Blackpool	NW162255	4
100 Individual Medley	1:13.77	1:13.80	449	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3