

Individual Best Times (All Time)

Ellie Sherrington - (748052) - Cardiff Metropolitan University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.62	29.90	458	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Freestyle	1:06.99	1:05.70	459	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Freestyle	2:43.08	2:40.90	331	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
50 Breaststroke	41.00	40.20	359	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Breaststroke	1:35.24	1:33.90	305	17/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
50 Butterfly	32.60	32.00	420	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Butterfly	1:13.61	1:12.60	428	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
50 Backstroke	34.80	34.20	459	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Backstroke	1:17.09	1:16.00	411	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Individual Medley	2:45.80	2:43.40	440	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.70	30.40	460	05/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
100 Freestyle	1:04.27	1:05.60	477	03/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Freestyle	2:35.62	2:37.80	356	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
400 Freestyle	6:05.60	6:09.40	253	04/12/11	BG Swim Wales North Sub Region Champs	Llandudno	WAL396	4
800 Freestyle	11:30.41	11:38.70	330	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
50 Breaststroke	40.35	41.10	347	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Breaststroke	1:26.12	1:27.60	379	18/03/18	Wrexham Crystal Meet 2018	Wrexham	WL180835	3
200 Breaststroke	3:21.93	3:24.50	295	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
50 Butterfly	30.82	31.40	494	30/11/18	Swim Wales Short Course Championships	Swansea	WL180060	2
100 Butterfly	1:09.51	1:10.60	470	02/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Butterfly	3:24.62	3:26.20	199	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
50 Backstroke	31.58	32.20	511	02/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
100 Backstroke	1:10.38	1:11.50	474	05/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
200 Backstroke	3:02.86	3:04.70	275	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Individual Medley	2:36.29	2:38.80	474	05/02/19	Swim Wales North Regional Championships	Llandudno	WL190032	2
100 Individual Medley	1:16.16	1:16.20	408	02/07/16	Holywell Summer Sprints	Holywell	WL161217	3