

# Individual Best Times (All Time)

Sarah Ellis-Keeler - (791655) - Otter SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.44	32.80	351	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	LR160384	1
100 Freestyle	1:13.61	1:12.50	346	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
200 Freestyle	2:21.35	2:18.90	508	20/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
400 Freestyle	4:55.51	4:50.70	505	09/02/20	Surrey Age Group Championships 2020	Crystal Palace	LR200260	1
100 Butterfly	1:17.16	1:16.20	371	09/02/19	Surrey Age Group Championships 2019	London	LR190270	1
50 Backstroke	36.84	36.30	387	25/02/17	Surrey Age Group Championships	Crystal Palace	LR170178	1
100 Backstroke	1:16.64	1:15.60	418	24/02/18	Surrey Age Group Championships 2018	Surrey	LR180305	1
200 Backstroke	2:40.74	2:38.70	449	09/02/20	Surrey Age Group Championships 2020	Crystal Palace	LR200260	1
400 Individual Medley	5:52.58	5:47.60	428	09/02/19	Surrey Age Group Championships 2019	London	LR190270	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.06	30.70	443	01/06/19	Dulwich Dolphins Summer Club Championships 2019	JAGs Sports Centre	LR191778	4
100 Freestyle	1:05.71	1:07.00	447	22/07/18	Fareham Nomads Summer Meet 2018	Waterlooville	SE180127	3
200 Freestyle	2:18.44	2:20.90	505	17/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3
400 Freestyle	4:55.97	5:00.70	477	01/12/18	Dulwich Dolphins Club Championships Winter 2018	Dulwich	LR182484	4
800 Freestyle	10:05.88	10:15.30	489	16/06/18	Dulwich Dolphins Summer Club Champs	Dulwich	LR181704	4
1500 Freestyle	19:57.59	20:14.70	436	08/12/18	Dulwich Dolphins Club Championships Winter 2018	Dulwich	LR182485	4
50 Breaststroke	43.72	44.40	273	11/11/17	Dulwich Dolphins Club Championships Winter 2017	Dulwich	LR172176	4
100 Breaststroke	1:35.03	1:36.40	282	01/06/19	Dulwich Dolphins Summer Club Championships 2019	JAGs Sports Centre	LR191778	4
200 Breaststroke	3:29.94	3:32.40	263	01/12/18	Dulwich Dolphins Club Championships Winter 2018	Dulwich	LR182484	4
50 Butterfly	32.97	33.50	404	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Butterfly	1:13.05	1:14.10	405	11/11/18	Dulwich Dolphins Club Championships Winter 2018	Dulwich	LR182483	4
50 Backstroke	34.71	35.30	384	28/09/19	Rushmoor Royals 50m Challenge 2019	Hart	SE192485	3
100 Backstroke	1:12.05	1:13.20	442	03/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Backstroke	2:35.04	2:37.20	451	02/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Individual Medley	2:41.72	2:44.10	427	16/12/18	BPSC Last Chance County Qualifier 2018	Basildon	ER181385	3
400 Individual Medley	5:43.07	5:48.20	429	01/07/18	Dulwich Dolphins Summer Club Champs	Dulwich	LR181705	4
100 Individual Medley	1:18.41	1:18.40	374	16/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3