

# Individual Best Times (All Time)

Ella Hamilton - (806044) - Rushmoor Royals SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.92	31.30	404	10/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	SE150137	1
100 Freestyle	1:07.40	1:06.10	451	19/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
200 Freestyle	2:19.21	2:16.70	532	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
400 Freestyle	4:51.59	4:46.70	526	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
800 Freestyle	9:58.78	9:49.00	530	24/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1
50 Breaststroke	36.15	35.30	524	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Breaststroke	1:18.81	1:17.20	538	01/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
200 Breaststroke	2:45.31	2:42.10	576	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Backstroke	39.39	38.90	317	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	SE4197	1
100 Backstroke	1:20.78	1:19.80	357	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	SE3784	1
200 Backstroke	2:38.67	2:36.60	467	17/05/15	ASASER Swimming Championships	Crawley	SE150984	1
200 Individual Medley	2:34.04	2:31.50	548	31/03/16	Scottish National Age Group Championships	Glasgow	SCO1106	1
400 Individual Medley	5:34.76	5:29.50	500	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.66	30.40	462	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
100 Freestyle	1:02.93	1:04.20	509	04/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
200 Freestyle	2:15.60	2:18.10	538	03/06/17	Alton District Club Championships	Alton	SE171328	4
400 Freestyle	4:39.13	4:44.10	568	03/11/18	City of Cardiff Capital Open Meet	Cardiff	WL181058	2
800 Freestyle	9:45.44	9:55.20	542	09/10/16	Rushmoor Royals Autumn Distance Meet 2016	Aldershot	SE161436	2
50 Breaststroke	36.64	37.50	464	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	SE190344	2
100 Breaststroke	1:17.02	1:18.60	530	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	SE162237	2
200 Breaststroke	2:39.16	2:42.40	604	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
50 Butterfly	33.17	33.70	397	30/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181536	4
100 Butterfly	1:13.42	1:14.40	398	08/12/18	National Arena Swimming League South R3 2018	Fleet	SE182774	3
50 Backstroke	35.57	36.10	357	17/09/16	Alton District Club Championships	Alton	SE161431	4
100 Backstroke	1:14.66	1:15.70	397	03/10/15	Alton & District Autumn Club Championships	Alton	SE151445	4
200 Backstroke	2:33.01	2:35.20	469	17/10/15	Alton & District SC Autumn Club Championships	Alton	SE151446	4
200 Individual Medley	2:30.79	2:33.40	527	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	SE151337	2
400 Individual Medley	5:21.61	5:27.00	521	05/12/15	Alton & District Autumn Club Championships	Alton	SE151450	4
100 Individual Medley	1:13.68	1:13.70	451	31/10/15	Alton & District SC Autumn Club Championships	Alton	SE151447	4