

Individual Best Times (All Time)

Elli Johnstone - (836815) - Nofio Gwynedd Performance

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.25	31.60	392	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Freestyle	1:11.12	1:09.90	384	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Freestyle	2:39.26	2:37.10	355	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Breaststroke	44.41	43.70	283	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
100 Breaststroke	1:36.93	1:35.60	289	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Butterfly	36.27	35.70	305	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Backstroke	37.27	36.70	374	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Individual Medley	2:58.53	2:56.30	352	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.44	33.10	353	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Freestyle	1:09.03	1:10.20	385	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
200 Freestyle	2:47.53	2:49.60	285	05/12/15	Swim Wales North Sub Regional Championships	Llandudno	WL151215	3
400 Freestyle	5:27.57	5:31.80	352	05/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
50 Breaststroke	40.49	41.30	343	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
100 Breaststroke	1:32.12	1:33.50	310	31/01/15	SWNR Regional Championships	Llandudno	WL150521	2
200 Breaststroke	3:34.52	3:37.00	246	07/02/15	SWNR Regional Championships	Llandudno	WL150522	2
50 Butterfly	36.79	37.30	291	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Butterfly	1:21.43	1:22.40	292	06/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
50 Backstroke	36.35	36.90	335	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Backstroke	1:19.02	1:20.00	335	01/02/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
200 Backstroke	3:00.36	3:02.20	286	08/11/15	Caernarfon Club Championships	Llandudno	WL152009	3
200 Individual Medley	2:53.25	2:55.50	347	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
400 Individual Medley	6:15.12	6:19.80	328	06/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
100 Individual Medley	1:19.52	1:19.50	358	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2