

Individual Best Times (All Time)

Ellena Theobald - (856698) - Soundwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.37	27.60	576	05/11/17	ASA SWR LC Winter Championships	Millfield	SW171934	1
100 Freestyle	1:00.44	59.00	626	04/11/17	ASA SWR LC Winter Championships	Millfield	SW171934	1
200 Freestyle	2:10.74	2:08.10	643	05/11/17	ASA SWR LC Winter Championships	Millfield	SW171934	1
400 Freestyle	4:38.43	4:33.30	604	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1
800 Freestyle	9:45.82	9:35.90	566	21/01/18	Gloucester County Championships	Bristol	SW180284	1
50 Breaststroke	42.35	41.60	326	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Breaststroke	1:28.66	1:27.20	378	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Breaststroke	3:20.83	3:18.20	321	17/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
50 Butterfly	30.51	29.90	513	04/11/17	ASA SWR LC Winter Championships	Millfield	SW171934	1
100 Butterfly	1:09.02	1:07.90	519	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
200 Butterfly	2:45.72	2:43.80	397	09/04/17	City of Bristol International Open Meet	Bristol	SW170399	1
50 Backstroke	35.92	35.40	418	06/04/14	City of Bristol Level 1 Open Meet	Hengrove	SW4135	1
100 Backstroke	1:15.65	1:14.60	435	01/11/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Backstroke	2:42.15	2:40.10	437	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Individual Medley	2:39.35	2:36.90	495	11/04/15	City of Bristol Level 1 April Meet	Bristol	SW150403	1
400 Individual Medley	5:39.95	5:34.70	478	17/05/15	ASASWR Summer Championships	Millfield	SW150231	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.72	28.50	566	22/01/18	Gloucester County Championships	Gloucester	SW180285	2
100 Freestyle	59.02	1:00.40	617	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
200 Freestyle	2:07.01	2:09.70	655	16/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	SW172459	2
400 Freestyle	4:33.00	4:38.10	608	03/12/17	Soundwell County Qualifier Open Meet 2017	Gloucester	SW171514	3
800 Freestyle	9:33.26	9:43.30	577	22/01/17	Gloucester County Championships	Bristol	SW170227	2
50 Breaststroke	38.80	39.60	390	12/02/17	Gloucester County Championships	Gloucester	SW170229	2
100 Breaststroke	1:23.72	1:25.20	413	12/02/17	Gloucester County Championships	Gloucester	SW170229	2
200 Breaststroke	2:57.40	3:00.40	436	02/12/18	Soundwell County Qualifier Open Meet 2018	Gloucester	SW181828	3
50 Butterfly	30.63	31.20	504	07/02/15	Gloucestershire County Championships	Gloucester	CC150225	2
100 Butterfly	1:06.63	1:07.80	533	10/12/16	NSL Western Premier Division Final	Newport	WL162366	2
200 Butterfly	2:35.00	2:37.00	459	26/11/16	Soundwell County Qualifier Open Meet 2016	Gloucester	SW161611	3
50 Backstroke	33.66	34.30	422	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
100 Backstroke	1:11.02	1:12.10	461	02/12/18	Soundwell County Qualifier Open Meet 2018	Gloucester	SW181828	3
200 Backstroke	2:30.13	2:32.30	497	01/12/18	Soundwell County Qualifier Open Meet 2018	Gloucester	SW181828	3
200 Individual Medley	2:28.59	2:31.20	551	03/12/17	Soundwell County Qualifier Open Meet 2017	Gloucester	SW171514	3
400 Individual Medley	5:14.56	5:20.10	557	02/12/17	Soundwell County Qualifier Open Meet 2017	Gloucester	SW171514	3
100 Individual Medley	1:09.47	1:09.50	538	23/01/18	Gloucester County Championships	Gloucester	SW180285	2