

Individual Best Times (All Time)

Ellen Armstrong - (872894) - Harrogate District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.94	31.30	403	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Freestyle	1:22.14	1:21.10	249	17/12/11	Sheffield City 23rd Annual B Grade Meet	Sheffield	NE1437	3
200 Freestyle	2:33.29	2:31.00	398	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
400 Freestyle	5:12.17	5:07.60	428	15/02/14	Yorkshire SA County Championship	Leeds	CC4067	1
50 Breaststroke	58.49	57.90	123	09/07/11	City of Leeds B Grade Meet	Leeds	NE1328	3
200 Breaststroke	3:45.36	3:43.00	227	02/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Butterfly	33.72	33.20	380	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
200 Butterfly	2:55.54	2:53.70	334	23/02/14	Yorkshire SA County Championships	Leeds	CC4068	1
50 Backstroke	35.35	34.80	438	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Backstroke	1:17.60	1:16.60	403	14/02/15	Yorkshire County Championships	Leeds	NE150622	1
200 Backstroke	2:45.15	2:43.10	414	16/02/14	Yorkshire SA County Championship	Leeds	CC4067	1
200 Individual Medley	2:53.25	2:51.00	385	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1
400 Individual Medley	6:01.02	5:56.10	399	21/02/15	Yorkshire County Championships	Leeds	NE150623	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.95	31.60	406	26/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
100 Freestyle	1:05.91	1:07.20	443	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
200 Freestyle	2:24.15	2:26.50	448	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
400 Freestyle	5:02.63	5:07.20	446	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
800 Freestyle	10:39.05	10:48.00	416	21/09/14	Harrogate District Club Championships	Harrogate	NE14527	4
50 Breaststroke	45.48	46.20	242	17/06/14	Harrogate Club Championships	Harrogate	NE4988	4
100 Breaststroke	2:01.64	2:02.70	134	19/06/11	Harrogate District B Grade Meet	Harrogate	NE1080	3
200 Breaststroke	3:32.21	3:34.70	255	21/04/13	Harrogate SC Spa Town A B Grade Open	Harrogate	NE3046	3
50 Butterfly	33.47	34.00	386	03/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
100 Butterfly	1:17.60	1:18.60	337	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
200 Butterfly	2:53.35	2:55.20	328	23/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	NE3730	3
50 Backstroke	34.81	35.40	381	26/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
100 Backstroke	1:13.74	1:14.80	412	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
200 Backstroke	2:40.45	2:42.50	407	04/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
200 Individual Medley	2:46.97	2:49.30	388	25/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
400 Individual Medley	5:49.57	5:54.60	406	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
100 Individual Medley	1:30.70	1:30.70	241	09/10/11	Darlington Dander October Meet	Darlington	NE1434	4