

# Individual Best Times (All Time)

Elizabeth Nanson - (894089) - Cockermouth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.39	29.70	468	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Breaststroke	42.31	41.60	327	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Butterfly	45.15	44.70	158	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
50 Backstroke	38.51	38.00	339	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.98	30.70	447	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	NW182537	3
100 Freestyle	1:05.38	1:06.60	454	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	NW190166	2
200 Freestyle	2:47.68	2:49.70	284	24/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
50 Breaststroke	38.71	39.50	393	16/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	NW182537	3
100 Breaststroke	1:28.26	1:29.70	352	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	NW192386	3
200 Breaststroke	3:24.40	3:27.00	285	26/11/17	Allerdale Gala 2017	Workington	NW171599	3
50 Butterfly	34.24	34.80	360	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	NW190167	2
100 Butterfly	2:13.52	2:14.10	66	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
200 Butterfly	4:51.50	4:52.60	69	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
50 Backstroke	35.76	36.30	352	13/01/19	2019 Cumbria County Championships and Age Groups	Workington	NW190166	2
100 Backstroke	1:25.01	1:26.00	269	23/09/17	8th Presidents Open Meet	Workington	NW171688	3
200 Backstroke	2:58.06	2:59.90	298	25/11/17	Allerdale Gala 2017	Workington	NW171599	3
200 Individual Medley	3:29.71	3:31.60	196	13/06/15	20th Copeland Graded Gala	Whitehaven	NW150674	3
400 Individual Medley	7:55.28	7:59.00	161	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
100 Individual Medley	1:16.75	1:16.80	399	12/01/19	2019 Cumbria County Championships and Age Groups	Workington	NW190166	2