

Individual Best Times (All Time)

Ella McHale - (924229) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.16	32.50	360	11/11/14	City of Sheffield Time Trials	Sheffield	NE14716	4
100 Freestyle	1:11.54	1:10.40	377	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
200 Freestyle	2:36.87	2:34.60	372	22/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
400 Freestyle	5:20.46	5:16.00	396	14/02/15	Yorkshire County Championships	Leeds	NE150622	1
50 Breaststroke	48.52	47.90	217	21/09/14	City of Sheffield 32nd Annual Teaspoon Gala	Sheffield	NE4318	3
100 Breaststroke	1:50.84	1:49.70	193	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	NE3174	3
200 Breaststroke	3:43.88	3:41.50	231	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
50 Butterfly	39.45	39.00	237	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
100 Butterfly	1:37.67	1:36.90	183	02/12/12	City of Sheffield Snow Frills Gala	Sheffield	NE2147	3
50 Backstroke	42.82	42.30	246	21/09/14	City of Sheffield 32nd Annual Teaspoon Gala	Sheffield	NE4318	3
100 Backstroke	1:29.16	1:28.30	265	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Backstroke	3:04.61	3:02.80	296	23/11/14	City of Sheffield Snow Frills Meet	Sheffield	NE4317	3
200 Individual Medley	3:11.74	3:09.70	284	13/04/14	Sports Aid Open Meet 2014	Leeds	NE4126	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.00	33.60	335	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
100 Freestyle	1:11.65	1:12.80	344	03/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
200 Freestyle	2:33.15	2:35.40	373	04/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
400 Freestyle	5:26.44	5:30.70	355	03/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
50 Breaststroke	49.60	50.20	187	10/11/13	Harrogate District SC Annual Autumn Meet	Harrogate	NE3543	3
100 Breaststroke	1:46.30	1:47.50	201	09/09/13	City of Sheffield Time Trials	Sheffield	NE3952	4
200 Breaststroke	3:37.81	3:40.20	235	10/11/13	Harrogate District SC Annual Autumn Meet	Harrogate	NE3543	3
50 Butterfly	40.61	41.10	216	20/04/13	30th City of Derby Licensed SC Open Meet	Derby	EM3033	3
100 Butterfly	1:34.99	1:35.80	184	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
50 Backstroke	42.13	42.60	215	23/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	NE3730	3
100 Backstroke	1:28.87	1:29.80	235	19/05/13	Wear Valley May Level 3 Meet	Bishop Auckland	NE3184	3
200 Backstroke	3:06.51	3:08.30	259	22/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	NE3730	3
200 Individual Medley	2:57.28	2:59.50	324	04/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
100 Individual Medley	1:29.66	1:29.70	250	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3