

# Individual Best Times (All Time)

## Ellen Senior - (951598) - Howe Bridge Aces SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.26	33.60	327	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
100 Freestyle	1:13.58	1:12.40	347	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	NW4452	1
200 Freestyle	2:43.77	2:41.60	327	16/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Individual Medley	3:05.19	3:03.00	315	08/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.62	34.20	317	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	NW4377	2
100 Freestyle	1:11.10	1:12.30	353	31/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150008	3
200 Freestyle	2:35.25	2:37.50	358	17/05/15	Wigan SC - Starter Meet	Wigan	NW150676	3
50 Breaststroke	48.75	49.40	197	24/11/13	Bolton Metro Winter Sprint Meet	Bolton	NW3719	3
100 Breaststroke	1:30.20	1:31.60	330	31/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150008	3
200 Breaststroke	3:16.18	3:18.90	322	10/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150007	3
50 Butterfly	39.53	40.00	234	10/01/15	Greater Manchester Age Group Meet 2015	Wigan	NW150007	3
100 Butterfly	1:27.15	1:28.00	238	15/02/14	ESSA North West Individual Championships	Bolton	NW4098	3
50 Backstroke	41.32	41.80	228	12/07/14	Preston SC Guild Summer Spectacular	Darwen	NW4320	3
100 Backstroke	1:44.98	1:45.70	142	13/01/13	Bolton & Manchester District Age Group	Manchester	NW3056	3
200 Individual Medley	2:54.09	2:56.30	342	17/05/15	Wigan SC - Starter Meet	Wigan	NW150676	3
100 Individual Medley	1:24.80	1:24.80	295	12/07/14	Preston SC Guild Summer Spectacular	Darwen	NW4320	3