

Individual Best Times (All Time)

Ella Hamilton - (806044) - Rushmoor Royals SC - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|---------------------|-----------------|-------|
| 2:45.31 | 576 | F | 02/08/16 | ASA Summer Nationals 2016 | Sheffield | Alton & Dist | 1 |
| 2:45.77 | 571 | H | 02/08/16 | ASA Summer Nationals 2016 | Sheffield | Alton & Dist | 1 |
| 2:46.61 | 562 | F | 01/04/16 | Scottish National Age Group Championships | Glasgow | Alton & Dist | 1 |
| 2:47.91 | 549 | H | 01/04/16 | Scottish National Age Group Championships | Glasgow | Alton & Dist | 1 |
| 2:48.04 | 548 | H | 18/03/17 | Rushmoor Royals L1 Spring National Qualifier Open | Aldershot | Alton & Dist | 1 |
| 2:48.15 | 547 | H | 28/05/16 | ASA South East Region Swimming Championships | Crawley | Alton & Dist | 1 |
| 2:49.04 | 538 | H | 20/03/16 | Rushmoor Royals L1 Spring National Qualifier | Aldershot | Alton & Dist | 1 |
| 2:49.07 | 538 | H | 07/02/16 | Hampshire County Swimming Championships 2016 | Portsmouth | Alton & Dist | 1 |
| 2:49.07 | 538 | H | 12/02/17 | Hampshire County Swimming Championships 2017 | Portsmouth | Alton & Dist | 1 |
| 2:49.10 | 538 | F | 26/03/17 | Guildford City Springboard Level 1 Open Meet | Surrey | Alton & Dist | 1 |
| 2:49.57 | 533 | H | 07/02/16 | Hampshire County Swimming Championships 2016 | Portsmouth | Alton & Dist | 1 |
| 2:49.68 | 532 | H | 28/05/16 | ASA South East Region Swimming Championships | Crawley | Alton & Dist | 1 |
| 2:50.80 | 522 | H | 04/02/18 | Hampshire County Championships 2018 | Mountbatten LC | Rushmoor Ryl | 1 |
| 2:52.25 | 509 | H | 03/08/17 | Swim England National Summer Meet (50m) | Sheffield | Alton & Dist | 1 |
| 2:52.37 | 508 | H | 25/02/18 | Rushmoor Royals Regional Qualifier Open Meet | Aldershot | Rushmoor Ryl | 3 |
| 2:52.86 | 503 | H | 30/04/17 | ASA South East Region Championships 2017 | Wycombe | Alton & Dist | 1 |
| 2:53.07 | 502 | F | 30/03/17 | Scottish National Age Group Championships | Aberdeen | Alton & Dist | 1 |
| 2:53.53 | 498 | H | 17/05/15 | ASASER Swimming Championships | Crawley | | 1 |
| 2:53.60 | 497 | F | 02/04/15 | Scottish National Age Group Championships | Aberdeen | Alton & Dist | 1 |
| 2:54.04 | 493 | F | 10/01/15 | Portsmouth Northsea January L1 Meet | Portsmouth | Alton & Dist | 1 |
| 2:54.09 | 493 | H | 30/04/17 | ASA South East Region Championships 2017 | Wycombe | Alton & Dist | 1 |
| 2:54.51 | 489 | F | 18/11/17 | Team Bath AS Autumn Level 1 & Level 3 Open Meet | Hengrove | Rushmoor Ryl | 1 |
| 2:54.66 | 488 | F | 29/05/17 | PNSC May Madness Meet | Portsmouth | Alton & Dist | 1 |
| 2:54.73 | 487 | H | 31/01/15 | London Swimming South Region Zonal Meet 2015 | London Aquatic Cent | Alton & Dist | 1 |
| 2:54.89 | 486 | H | 30/03/17 | Scottish National Age Group Championships | Aberdeen | | 1 |
| 2:55.03 | 485 | F | 01/12/13 | Portsmouth Northsea Cracker Meet | Portsmouth | Alton & Dist | 1 |
| 2:55.60 | 470 | H | 05/11/17 | Swim England SE 2017 Open & Junior Champs | Portsmouth | Rushmoor Ryl | 1 |

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| 2:55.69 | 479 | H | 05/11/17 | Swim England SE - 2017 Open & Junior Champs | Portsmouth | Rushmoor Ryl | 1 |
| 2:55.80 | 478 | H | 15/03/15 | Hampshire County ASA Championships | Portsmouth | | 1 |
| 2:55.89 | 478 | F | 07/01/18 | UBSC New Year Level 1 Open Meet | Hengrove | Rushmoor Ryl | 1 |
| 2:55.99 | 477 | H | 06/05/18 | Swim England South East Championships 2018 | Wycombe | Rushmoor Ryl | 1 |
| 2:56.03 | 477 | H | 02/04/15 | Scottish National Age Group Championships | Aberdeen | Alton & Dist | 1 |
| 2:56.07 | 476 | H | 17/05/15 | ASASER Swimming Championships | Crawley | | 1 |
| 2:56.95 | 469 | H | 14/06/14 | ASA South East Region Age Group Championships | Crawley | Alton & Dist | 1 |
| 2:57.55 | 464 | H | 31/07/14 | BG ASA National Age Groups Champs 2014 | Sheffield | Alton & Dist | 1 |
| 2:58.21 | 459 | F | 11/01/14 | Portsmouth Northsea New Year Open Meet | Portsmouth | Alton & Dist | 1 |
| 2:58.31 | 459 | | 16/03/14 | Hampshire County Championships | Portsmouth | Alton & Dist | 1 |
| 2:58.93 | 454 | H | 29/06/14 | Scottish Gas National Age Groups 2014 | Aberdeen | Alton & Dist | 1 |
| 2:59.09 | 453 | F | 29/06/14 | Scottish Gas National Age Groups 2014 | Aberdeen | Alton & Dist | 1 |
| 3:00.17 | 444 | H | 20/04/14 | Rushmoor Royals Easter L1 Open Meet | Aldershot | Alton & Dist | 1 |
| 3:00.21 | 444 | | 08/06/13 | ASA South East Region Age Group Championships 2013 | Crawley | Alton & Dist | 1 |
| 3:00.46 | 442 | F | 18/04/15 | Crawley Spring LC Open Meet 2015 | Crawley | Alton & Dist | 1 |
| 3:01.44 | 435 | F | 14/06/14 | ASA South East Region Age Group Championships | Crawley | Alton & Dist | 1 |
| 3:01.70 | 433 | H | 18/01/14 | Rushmoor Royals January L1 Open Meet | Crawley | Alton & Dist | 1 |
| 3:01.74 | 433 | | 08/06/13 | ASA South East Region Age Group Championships 2013 | Crawley | Alton & Dist | 1 |
| 3:03.45 | 421 | H | 18/05/14 | Bracknell & Wokingham SC L1 Open Meet | Aldershot | Alton & Dist | 1 |
| 3:03.50 | 421 | H | 14/04/13 | SG National Age Group Championships | Edinburgh | Alton & Dist | 1 |
| 3:04.30 | 415 | | 17/03/13 | Hampshire County Championships | Portsmouth | Alton & Dist | 1 |
| 3:05.95 | 404 | H | 30/03/13 | Rushmoor Royals & Hart SC Easter Open Meet | Aldershot | Alton & Dist | 3 |
| 3:06.41 | 401 | F | 14/04/13 | SG National Age Group Championships | Edinburgh | Alton & Dist | 1 |
| 3:08.33 | 389 | H | 28/10/12 | Rushmoor Royals SC 10th Autumn Open Meet | Aldershot | Alton & Dist | 1 |
| 3:12.40 | 365 | F | 16/02/13 | Wycombe District Annual LC Open Meet | Wycombe | Alton & Dist | 1 |
| 3:21.67 | 317 | | 27/05/12 | British Gas South East Region AG Champs | Crawley | Alton & Dist | 1 |
| 3:25.08 | 301 | H | 20/05/12 | Bracknell & Wokingham SC Open Meet | Aldershot | Alton & Dist | 1 |

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| 2:54.51 | 489 | F | 18/11/17 | Team Bath AS Autumn Level 1 & Level 3 Open Meet | Hengrove | Rushmoor Ryl | 1 |
| 2:55.69 | 479 | H | 05/11/17 | Swim England SE - 2017 Open & Junior Champs | Portsmouth | Rushmoor Ryl | 1 |
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