

Individual Best Times (All Time)

Elyssa Palmer - (1172869) - City of Sunderland ASC - 50 Backstroke - Short 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
33.16	441	H	02/11/19	North East Region Open Championships (25m)	Sheffield	Co Sund'land	2
33.22	439	F	16/03/19	Tynemouth ASC 2019 Spring Gala	Tynemouth Pool	Co Sund'land	3
33.52	427	H	30/11/19	Swim Wales Short Course Championships	WNPS	Co Sund'land	2
33.89	413	H	08/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	Co Sund'land	3
34.03	408	H	16/02/19	Durham City Valentines Gala	Durham	Co Sund'land	3
34.76	383	H	04/01/20	Billingham New Year Meet	Billingham	Co Sund'land	3
35.06	373	H	05/01/19	Billingham New Year Meet 2019	Billingham	Co Sund'land	3
35.12	371	H	01/12/18	Derwentside ASC Christmas Cracker Meet 2018	Stanley	Co Sund'land	3
35.25	367	H	15/04/18	South Tyneside Spring Meet 2018	South Shields	Co Sund'land	3
35.28	366	H	10/11/18	Wear Valley November Level 3 Meet 2018	Bishop Auckland	Co Sund'land	3
36.77	323	H	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	Co Sund'land	3
37.54	304	H	13/09/18	City of Sunderland Club Championships 2018	Sunderland	Co Sund'land	4
37.78	298	H	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	Co Sund'land	3
38.25	287	H	24/09/17	Billingham Autumn Meet	Billingham	Co Sund'land	3
38.37	284	H	12/05/18	Wear Valley May L3 Meet	Bishop Auckland	Co Sund'land	3
39.97	252	H	21/09/17	City of Sunderland Club Championships 2017	Sunderland	Co Sund'land	4
40.11	249	H	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	Co Sund'land	2
40.15	248	H	23/04/17	South Tyneside Spring Meet	South Shields	Co Sund'land	3
40.35	245	H	10/12/16	Swim In To Christmas	Billingham	Co Sund'land	3
40.39	244	F	19/11/16	Tynemouth Winter Gala	Tynemouth	Co Sund'land	3
40.67	239	H	04/03/17	Derwentside Development Meet	Stanley	Co Sund'land	3
40.73	238	H	12/02/17	Middlesbrough ASC AA Grade 2017 Gala	Middlesbrough	Co Sund'land	3
41.00	233	H	07/01/17	Last Chance County Qualifier	Stanley	Co Sund'land	3
41.12	231	H	29/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	Co Sund'land	3
41.49	225	H	25/09/16	Billingham Autumn Meet	Billingham	Co Sund'land	3
43.15	200	H	22/09/16	City of Sunderland Club Champs 2016	Sunderland	Co Sund'land	4
44.03	188	H	06/01/16	Peterlee & Derwentside New Year Meet	Stanley	Co Sund'land	3

44.23	100	H	09/01/16	Peterlee & Derwentside New Year Meet	Stanley	Co Sund'land	3
45.09	175	H	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	Co Sund'land	3
46.01	165	H	13/12/15	Middlesborough Christmas Meet 2015	Middlesborough		3
46.27	162	H	07/11/15	Wear Valley Guy Fawkes Level 3 Meet	Bishop Auckland		3
47.71	148	H	19/04/15	Middlesborough ASC AA Grade 2015	Middlesborough		3
47.77	147	H	11/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	Co Sund'land	3
48.15	144	H	17/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland		2
48.82	138	H	14/12/14	Middlesbrough Xmas Gala	Middlesbrough		3
49.07	136	H	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	Co Sund'land	3
50.56	124	H	10/01/15	P & D Last Chance County Qualifier	Stanley		3
51.34	118	H	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	Co Sund'land	3
51.49	117	H	17/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Aukland	Co Sund'land	3
1:01.21	70	H	29/09/13	City of Sunderland Time Trial 2013	Sunderland	Co Sund'land	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
34.76	383	H	04/01/20	Billingham New Year Meet	Billingham	Co Sund'land	3
33.89	413	H	08/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	Co Sund'land	3
33.52	427	H	30/11/19	Swim Wales Short Course Championships	WNPS	Co Sund'land	2
33.16	441	H	02/11/19	North East Region Open Championships (25m)	Sheffield	Co Sund'land	2
33.22	439	F	16/03/19	Tynemouth ASC 2019 Spring Gala	Tynemouth Pool	Co Sund'land	3
34.03	408	H	16/02/19	Durham City Valentines Gala	Durham	Co Sund'land	3
35.06	373	H	05/01/19	Billingham New Year Meet 2019	Billingham	Co Sund'land	3
35.12	371	H	01/12/18	Derwentside ASC Christmas Cracker Meet 2018	Stanley	Co Sund'land	3
35.28	366	H	10/11/18	Wear Valley November Level 3 Meet 2018	Bishop Auckland	Co Sund'land	3
37.54	304	H	13/09/18	City of Sunderland Club Championships 2018	Sunderland	Co Sund'land	4
38.37	284	H	12/05/18	Wear Valley May L3 Meet	Bishop Auckland	Co Sund'land	3
35.25	367	H	15/04/18	South Tyneside Spring Meet 2018	South Shields	Co Sund'land	3
37.78	298	H	06/01/18	Peterlee & Derwentside New Year Meet 2018	Stanley	Co Sund'land	3
36.77	323	H	02/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	Co Sund'land	3
38.25	287	H	24/09/17	Billingham Autumn Meet	Billingham	Co Sund'land	3
39.97	252	H	21/09/17	City of Sunderland Club Championships 2017	Sunderland	Co Sund'land	4
40.15	248	H	23/04/17	South Tyneside Spring Meet	South Shields	Co Sund'land	3
40.67	239	H	04/03/17	Derwentside Development Meet	Stanley	Co Sund'land	3
40.73	238	H	12/02/17	Middlesbrough ASC AA Grade 2017 Gala	Middlesbrough	Co Sund'land	3
41.00	233	H	07/01/17	Last Chance County Qualifier	Stanley	Co Sund'land	3
40.35	245	H	10/12/16	Swim In To Christmas	Billingham	Co Sund'land	3
40.39	244	F	19/11/16	Tynemouth Winter Gala	Tynemouth	Co Sund'land	3
41.12	231	H	29/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	Co Sund'land	3
40.11	249	H	08/10/16	City of Sunderland Short Course Qualifier	Sunderland	Co Sund'land	2
41.49	225	H	25/09/16	Billingham Autumn Meet	Billingham	Co Sund'land	3
43.15	200	H	22/09/16	City of Sunderland Club Champs 2016	Sunderland	Co Sund'land	4
45.09	175	H	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	Co Sund'land	3
44.23	186	H	09/01/16	Peterlee & Derwentside New Year Meet	Stanley	Co Sund'land	3
46.01	165	H	13/12/15	Middlesborough Christmas Meet 2015	Middlesborough		3
46.27	162	H	07/11/15	Wear Valley Guy Fawkes Level 3 Meet	Bishop Auckland		3
48.15	144	H	17/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland		2
47.77	147	H	11/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	Co Sund'land	3
47.71	148	H	19/04/15	Middlesborough ASC AA Grade 2015	Middlesborough		3
50.56	124	H	10/01/15	P & D Last Chance County Qualifier	Stanley		3
48.82	138	H	14/12/14	Middlesbrough Xmas Gala	Middlesbrough		3
49.07	136	H	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	Co Sund'land	3
51.34	118	H	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	Co Sund'land	3

51.49	117	H	17/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Auckland	Co Sund'land	Page 3 / 3 3
1:01.21	70	H	29/09/13	City of Sunderland Time Trial 2013	Sunderland	Co Sund'land	4