

Individual Best Times (All Time)

Ellie Bates - (1606419) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.90	31.20	405	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
100 Freestyle	1:11.91	1:10.70	371	24/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240096	1
50 Breaststroke	47.39	46.70	232	22/04/23	Stocksbridge Pentaqua Spring Open Meet 2023	Sheffield	NE230163	3
50 Butterfly	35.32	34.80	330	03/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
100 Butterfly	1:27.06	1:26.20	258	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
50 Backstroke	39.10	38.60	324	04/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.06	32.70	365	03/03/24	Radford SC Dean Anscombe Open Meet	Derby	EM240487	3
100 Freestyle	1:10.40	1:11.60	363	03/12/23	Nottinghamshire ASA Festive Frenzy 2023	Nottingham	EM231818	3
200 Freestyle	2:36.73	2:38.90	348	16/07/23	Nottinghamshire A.S.A. Summer Gala 2023	Nottingham	EM231104	3
400 Freestyle	5:47.71	5:51.70	294	17/10/23	Arnold SC 2023 Club Championships	Arnold	EM231761	4
800 Freestyle	11:58.31	12:06.30	293	10/12/23	Arnold SC Ernehale Distance Meet 2023	Hucknall	EM231759	3
50 Breaststroke	44.91	45.60	252	30/09/23	Nottinghamshire ASA Stage 2 Gala 2023	Hucknall	EM230372	4
100 Breaststroke	1:38.80	1:40.10	251	12/11/23	Arnold SC 2023 Club Championships	Hucknall	EM231762	4
200 Breaststroke	4:35.46	4:37.40	116	04/11/21	Arnold SC 2021 Club Championships	Arnold	EM211157	4
50 Butterfly	34.27	34.80	360	12/11/23	Arnold SC 2023 Club Championships	Hucknall	EM231762	4
100 Butterfly	1:21.57	1:22.50	290	15/10/23	Arnold SC 2023 Club Championships	Hucknall	EM231760	4
200 Butterfly	3:28.83	3:30.30	187	19/03/23	Arnold SC Ernehale Open Meet 2023	Nottingham	EM230057	3
50 Backstroke	38.06	38.60	291	03/03/24	Radford SC Dean Anscombe Open Meet	Derby	EM240487	3
100 Backstroke	1:22.88	1:23.80	290	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Backstroke	2:57.61	2:59.50	300	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Individual Medley	2:59.72	3:01.90	311	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
400 Individual Medley	6:29.21	6:33.70	294	14/11/23	Arnold SC 2023 Club Championships	Arnold	EM231763	4
100 Individual Medley	1:22.98	1:23.00	315	27/01/24	Nottinghamshire Sports Centre League Division 2	Worksop	EM240395	4