

# Individual Best Times (All Time)

Emily Iley - (1110169) - Hackney Aquatics Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.89	26.10	676	27/07/17	British Summer Championships	Sheffield	BSW002	1
100 Freestyle	58.71	57.30	683	28/07/17	British Summer Championships	Sheffield	BSW002	1
200 Freestyle	2:09.27	2:06.60	665	02/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
400 Freestyle	4:39.03	4:34.00	600	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
800 Freestyle	9:52.08	9:42.20	548	20/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	38.86	38.00	422	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Breaststroke	1:26.07	1:24.60	413	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Breaststroke	3:04.11	3:01.20	417	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	LR171707	3
50 Butterfly	28.94	28.30	601	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Butterfly	1:04.99	1:03.80	622	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Butterfly	2:32.57	2:30.50	508	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
50 Backstroke	29.75	29.10	735	27/07/19	British Summer Championships	Glasgow	BSW011	1
100 Backstroke	1:03.18	1:01.90	747	24/07/19	British Summer Championships	Glasgow	BSW011	1
200 Backstroke	2:16.41	2:13.90	735	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Individual Medley	2:27.93	2:25.20	619	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
400 Individual Medley	5:23.27	5:17.80	556	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.68	27.40	634	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Freestyle	58.06	59.50	648	07/10/18	Swim England National County Team Div 1 Champs	Sheffield	ENG010	2
200 Freestyle	2:13.03	2:15.60	570	14/06/19	BWFSC Club Championships 2019	Sylvestrian LC	LR191788	4
400 Freestyle	4:47.85	4:52.70	518	30/09/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
800 Freestyle	9:23.13	9:33.30	609	11/11/17	Thurrock Distance Invitation Meet	Grays	ER170421	4
50 Breaststroke	39.21	40.00	378	09/06/17	BWFSC Club Championships 2017	London	LR170892	4
100 Breaststroke	1:24.44	1:25.90	402	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Breaststroke	3:04.12	3:07.00	390	10/12/16	Thurrock Last Chance County Qualifier	Thurrock	ER160664	3
50 Butterfly	28.59	29.20	620	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
100 Butterfly	1:06.52	1:07.70	536	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
200 Butterfly	2:32.62	2:34.70	481	15/06/18	BWFSC Club Championships 2018	Sylvestrian LC	LR180984	4
50 Backstroke	28.89	29.60	667	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Backstroke	1:01.86	1:03.10	698	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Backstroke	2:16.61	2:19.00	659	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
200 Individual Medley	2:26.33	2:29.00	577	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
400 Individual Medley	5:20.64	5:26.10	526	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
100 Individual Medley	1:09.50	1:09.50	537	09/11/18	BWFSC Club Championships 2018	Sylvestian LC	LR180987	4