

Individual Best Times (All Time)

Emma Lavery - (1114266) - Gateshead & Whickham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:13.87	1:12.70	343	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
200 Freestyle	2:26.43	2:24.00	457	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
400 Freestyle	5:05.06	5:00.40	459	04/02/18	N & D 2018 Championships	Sunderland	NE180242	1
800 Freestyle	10:38.06	10:28.90	438	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
200 Breaststroke	3:08.04	3:05.20	391	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Butterfly	42.06	41.60	195	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Butterfly	1:15.16	1:14.10	402	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
200 Butterfly	2:44.42	2:42.50	406	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Backstroke	46.91	46.50	187	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
200 Individual Medley	2:47.35	2:45.00	428	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	NE190005	1
400 Individual Medley	5:49.96	5:44.90	438	10/02/18	N & D 2018 Championships	Sunderland	NE180243	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.11	35.70	278	30/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
100 Freestyle	1:08.95	1:10.20	387	08/10/17	Hearts Premier Age Group Meet	Prestonpans	SCO1345	2
200 Freestyle	2:19.63	2:22.10	493	22/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	NE193337	3
400 Freestyle	4:53.93	4:58.70	487	07/04/19	GAW Spring Meet	Dunston LC	NE191443	3
800 Freestyle	10:25.90	10:35.10	443	14/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Breaststroke	46.48	47.20	227	18/09/16	Richmond Dales Back to School Gala	Durham	NE161238	3
100 Breaststroke	1:29.46	1:30.90	338	08/10/17	Hearts Premier Age Group Meet	Prestonpans	SCO1345	2
200 Breaststroke	3:04.90	3:07.70	385	18/11/17	Tynemouth ASC Winter Gala	Tynemouth	NE172171	3
50 Butterfly	38.60	39.10	251	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
100 Butterfly	1:13.79	1:14.80	393	15/07/18	GATESHEAD & WHICKHAM SUMMER MEET 2018	GATESHEAD	NE181862	3
200 Butterfly	2:40.83	2:42.80	411	14/07/19	GAW Summer Meet	Dunston LC	NE191919	3
50 Backstroke	40.91	41.40	235	29/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
100 Backstroke	1:18.17	1:19.20	346	19/11/17	Tynemouth ASC Winter Gala	Tynemouth	NE172171	3
200 Backstroke	2:47.89	2:49.90	355	07/10/17	Hearts Premier Age Group Meet	Prestonpans	SCO1345	2
200 Individual Medley	2:40.82	2:43.30	435	27/10/18	Chester Le Street Junior Gala 2018	Chester-le-Street	NE182117	3
400 Individual Medley	5:49.14	5:54.10	407	18/11/17	Tynemouth ASC Winter Gala	Tynemouth	NE172171	3
100 Individual Medley	1:18.68	1:18.70	370	08/10/17	Hearts Premier Age Group Meet	Prestonpans	SCO1345	2