

# Individual Best Times (All Time)

Emily Wilford - (1146123) - Northallerton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.48	31.80	384	28/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Freestyle	1:10.07	1:08.90	401	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
200 Freestyle	2:31.60	2:29.30	412	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
50 Breaststroke	1:01.28	1:00.80	107	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
100 Breaststroke	2:07.24	2:06.20	128	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
50 Butterfly	34.78	34.20	346	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Butterfly	1:27.96	1:27.10	250	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3
50 Backstroke	39.76	39.30	308	27/01/18	Burns Meet 2018	Sheffield	NE180177	1
100 Backstroke	1:27.70	1:26.80	279	14/07/18	Richmond Dales Summer Madness Gala	Leeds	NE181109	3
200 Individual Medley	3:07.75	3:05.60	303	29/04/18	Richmond Dales April Fool Gala	Leeds	NE180005	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.72	32.40	377	23/10/20	Northallerton SC	Bedale	LEX036	0
100 Freestyle	1:08.42	1:09.60	396	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	NE172050	2
200 Freestyle	2:31.06	2:33.30	389	17/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	NE170017	3
400 Freestyle	5:47.12	5:51.20	295	14/01/17	Newcastle Swim Team County Qualifier Meet	South Shields	NE170148	3
50 Breaststroke	46.35	47.00	229	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
100 Breaststroke	1:50.04	1:51.20	181	05/01/17	Richmond Dales Winter Club Gala	Richmond	NE170332	4
50 Butterfly	34.47	35.00	353	09/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
100 Butterfly	1:21.94	1:22.90	287	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
200 Butterfly	4:14.63	4:15.90	103	20/09/15	Richmond Dales Open Meet	Durham	NE150564	3
50 Backstroke	38.76	39.30	276	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	NE171230	3
100 Backstroke	1:23.84	1:24.80	280	15/07/17	Richmond Dales Summer Madness Gala	Leeds	NE170388	3
200 Backstroke	3:00.82	3:02.70	284	18/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	NE170017	3
200 Individual Medley	2:58.63	3:00.80	317	11/01/18	Richmond Dales Winter Club Gala	Richmond	NE180367	4
100 Individual Medley	1:24.51	1:24.50	298	19/03/17	Richmond Dales Off the Blocks Gala	Billingham	NE170296	4