

Individual Best Times (All Time)

Emily Clayfield - (1148770) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.60	33.00	346	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
200 Freestyle	2:41.48	2:39.30	341	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Breaststroke	44.42	43.70	282	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:39.03	1:37.70	271	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
50 Backstroke	39.40	38.90	316	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:22.15	1:21.20	339	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.80	34.40	312	05/07/15	Epping Forest District SC 3 Trees Gala (Internal)	Loughton	ER151122	4
100 Freestyle	1:12.44	1:13.60	333	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Freestyle	2:37.31	2:39.50	344	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
400 Freestyle	5:48.88	5:52.90	291	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
800 Freestyle	11:48.05	11:56.20	306	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	46.24	46.90	230	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
100 Breaststroke	1:41.30	1:42.50	233	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Breaststroke	3:33.59	3:36.10	250	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	ER150889	3
50 Butterfly	42.88	43.30	183	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
50 Backstroke	38.02	38.50	292	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross	LR150599	3
100 Backstroke	1:23.10	1:24.10	288	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
200 Backstroke	2:57.66	2:59.50	300	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	ER150889	3
200 Individual Medley	3:05.09	3:07.20	285	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
100 Individual Medley	1:26.22	1:26.20	281	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross	LR150599	3