

# Individual Best Times (All Time)

Emma Shilton - (1154443) - Epsom District SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.85	37.40	240	18/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172420	4
100 Freestyle	1:18.38	1:19.40	263	19/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172420	4
200 Freestyle	2:50.94	2:53.00	268	12/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172419	4
400 Freestyle	6:24.07	6:27.70	218	08/05/16	Cranleigh Summer Open Meet	Cranleigh	SE160449	3
800 Freestyle	14:29.92	14:36.60	165	15/12/14	Epsom District Autumn Club Championships	Epsom	SE14153	4
1500 Freestyle	23:05.04	23:19.90	281	01/07/18	Epsom District Long Distance Time Trials	Epsom	SE181572	4
50 Breaststroke	49.62	50.30	186	11/03/18	Epsom District Sprint Championships 2018	Epsom	SE180692	4
100 Breaststroke	1:56.44	1:57.50	153	19/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172420	4
200 Breaststroke	4:09.83	4:11.90	156	12/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172419	4
50 Butterfly	44.78	45.20	161	11/03/18	Epsom District Sprint Championships 2018	Epsom	SE180692	4
100 Butterfly	1:47.47	1:48.20	127	08/07/17	EDSC Time Trials July 2017	Epsom	SE171373	4
200 Butterfly	3:57.56	3:58.90	127	19/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172420	4
50 Backstroke	39.18	39.70	267	11/03/18	Epsom District Sprint Championships 2018	Epsom	SE180692	4
100 Backstroke	1:29.56	1:30.50	230	02/07/17	Epsom District Autum Club Championships 2017	Epsom	SE172418	4
200 Backstroke	3:05.59	3:07.40	263	08/07/17	EDSC Time Trials July 2017	Epsom	SE171373	4
200 Individual Medley	3:18.46	3:20.40	231	18/11/17	Epsom District Autum Club Championships 2017	Epsom	SE172420	4
100 Individual Medley	1:47.99	1:48.00	143	17/01/15	Epsom District Short Course Winter Open Meet	Epsom	SE150250	3