

Individual Best Times (All Time)

Emma Allatt-File - (1234790) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	545	22/01/23	Surrey County Age Group Championships 2023	Guildford	SE230014	1
100 Freestyle	1:01.90	1:00.50	582	27/02/22	Surrey County Age Group Championships 2022	Guildford	LR220178	1
200 Freestyle	2:10.08	2:07.40	652	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
400 Freestyle	4:42.49	4:37.50	578	27/02/22	Surrey County Age Group Championships 2022	Guildford	LR220178	1
800 Freestyle	10:10.90	10:01.40	499	25/01/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200447	1
1500 Freestyle	21:00.72	20:44.20	389	26/01/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190453	1
50 Breaststroke	32.89	31.90	696	23/07/22	British Summer Championships	Sheffield	BSW022	1
100 Breaststroke	1:10.89	1:09.10	740	28/07/22	British Summer Championships	Sheffield	BSW022	1
200 Breaststroke	2:34.67	2:31.20	703	24/07/22	British Summer Championships	Sheffield	BSW022	1
50 Butterfly	29.52	28.90	566	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
100 Butterfly	1:04.81	1:03.60	627	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
200 Butterfly	2:28.84	2:26.70	548	05/02/23	Surrey County Age Group Championships 2023	Guildford	SE230015	1
50 Backstroke	33.24	32.60	527	19/02/22	Surrey County Age Group Championships 2022	Stratford	LR220177	1
100 Backstroke	1:10.49	1:09.30	537	06/02/22	Surrey County Age Group Championships 2022	Guildford	LR220176	1
200 Backstroke	2:34.72	2:32.50	504	27/02/22	Surrey County Age Group Championships 2022	Guildford	LR220178	1
200 Individual Medley	2:20.40	2:17.60	724	06/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
400 Individual Medley	5:03.93	4:58.10	669	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.84	28.60	558	19/12/21	The Hillingdon 2021 Fast and Festive Meet	Hillingdon	LR211283	3
100 Freestyle	1:01.11	1:02.50	555	19/06/22	Hatfield SC Summer Meet	Hatfield	ER220255	2
200 Freestyle	2:09.12	2:11.80	623	23/06/24	Hatfield Summer Meet 2024	Hatfield	ER240174	2
400 Freestyle	4:42.90	4:47.80	546	20/11/22	Guildford City SC Level 2 Winter Open	Guildford	SE220865	2
50 Breaststroke	33.12	34.10	628	05/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
100 Breaststroke	1:10.87	1:12.60	681	02/12/22	National Winter Championships 2022	Sheffield	ENG027	2
200 Breaststroke	2:32.59	2:36.00	685	04/12/22	National Winter Championships 2022	Sheffield	ENG027	2
50 Butterfly	29.89	30.50	542	05/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
100 Butterfly	1:04.78	1:05.90	580	23/06/24	Hatfield Summer Meet 2024	Hatfield	ER240174	2
200 Butterfly	2:29.78	2:31.90	509	26/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
50 Backstroke	31.88	32.50	496	21/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
100 Backstroke	1:08.92	1:10.10	505	16/10/21	Winchester City Penguins Autumn Qualifier	Winchester	SE210839	3
200 Backstroke	2:37.58	2:39.70	430	26/06/22	Guildford City SC Mini Commonwealth Games	Spectrum LC	SE220710	3
200 Individual Medley	2:19.93	2:22.70	660	09/12/23	National Arena Swimming League South R3 2023	Winchester	SE232573	3
400 Individual Medley	5:03.57	5:09.30	620	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Individual Medley	1:06.65	1:06.70	609	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2