

Individual Best Times (All Time)

Emily Latham - (1262974) - Aquabears Of Rochdale SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.86	29.20	494	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
100 Freestyle	1:05.64	1:04.40	488	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Freestyle	2:24.48	2:22.10	476	12/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
400 Freestyle	5:07.57	5:03.00	448	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Breaststroke	45.64	44.90	260	18/11/17	Glyn Mettam Memorial B Grade Open Meet	Sheffield	NE170901	3
50 Butterfly	30.52	29.90	512	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Butterfly	1:11.88	1:10.80	459	29/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1
50 Backstroke	33.04	32.40	537	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
100 Backstroke	1:13.24	1:12.10	479	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230073	1
200 Backstroke	2:37.84	2:35.70	474	12/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
200 Individual Medley	2:48.43	2:46.10	419	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230071	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.12	29.80	488	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
100 Freestyle	1:03.69	1:05.00	491	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
200 Freestyle	2:20.53	2:23.00	483	08/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
400 Freestyle	4:58.59	5:03.30	464	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
50 Breaststroke	38.81	39.60	390	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
100 Breaststroke	1:28.63	1:30.00	348	01/10/22	BCM SWPA Greater Manchester Autumn Meet 2022	Wigan	NW221310	3
50 Butterfly	29.88	30.50	543	06/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
100 Butterfly	1:09.03	1:10.10	480	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
200 Butterfly	2:48.03	2:49.90	360	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
50 Backstroke	32.10	32.70	486	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Backstroke	1:10.02	1:11.20	481	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
200 Backstroke	2:28.09	2:30.30	518	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	NW221980	2
200 Individual Medley	2:41.00	2:43.40	433	18/09/22	City of Leeds SC September Meet 2022	John Charles Aq Cen	NE220858	3
100 Individual Medley	1:20.49	1:20.50	346	29/09/18	Greater Manchester Autumn Meet 2018	Wigan Life Centre	NW181632	3