

Individual Best Times (All Time)

Emma Ashman - (1394281) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	02/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
100 Freestyle	1:10.10	1:08.90	401	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:33.89	2:31.60	394	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
50 Breaststroke	46.87	46.20	240	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
100 Breaststroke	1:54.91	1:53.80	173	10/03/19	Tea Jorvik Spring Festival 2019	Leeds	NE190333	3
50 Backstroke	38.57	38.00	337	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Backstroke	1:23.47	1:22.50	324	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	NE221159	3
200 Individual Medley	3:28.25	3:26.30	222	10/03/19	Tea Jorvik Spring Festival 2019	Leeds	NE190333	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.99	31.70	405	27/11/22	Tynemouth ASC Winter Gala 2022	North Shields	NE222298	3
100 Freestyle	1:08.75	1:10.00	390	28/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
200 Freestyle	2:31.61	2:33.90	385	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
400 Freestyle	5:18.78	5:23.20	381	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
800 Freestyle	11:06.45	11:15.10	367	14/11/21	Billingham Long Distance Meet	Billingham	NE210701	3
50 Breaststroke	45.04	45.70	249	19/06/22	Newcastle Swim Team Summer Spectacular Sprint Meet	South Shields	NE220911	3
100 Breaststroke	1:40.62	1:41.90	238	12/03/22	Middlesbrough AA Grade 2022 Gala	Middlesbrough	NE220029	3
200 Breaststroke	3:37.17	3:39.60	237	04/01/20	Billingham New Year Meet	Billingham	NE200174	3
50 Butterfly	35.76	36.30	316	15/01/23	Newcastle Swim Team County Qualifier Meet 2023	Tynemouth	NE230209	3
100 Butterfly	1:25.21	1:26.10	255	15/01/23	Newcastle Swim Team County Qualifier Meet 2023	Tynemouth	NE230209	3
50 Backstroke	36.87	37.40	321	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
100 Backstroke	1:21.03	1:22.00	310	16/09/23	Newcastle ST Club Championships 2023	Tynemouth	NE231968	4
200 Backstroke	3:03.55	3:05.40	272	14/07/19	GAW Summer Meet	Dunston LC	NE191919	3
200 Individual Medley	2:58.23	3:00.40	319	28/05/22	South Tyneside SC Spring Meet 2022	South Shields	NE220610	3
100 Individual Medley	1:22.53	1:22.50	321	19/06/22	Newcastle Swim Team Summer Spectacular Sprint Meet	South Shields	NE220911	3