

Individual Best Times (All Time)

Emily Wood - (1505458) - City of Bradford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.47	30.80	422	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:08.51	1:07.30	429	11/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
200 Freestyle	2:26.84	2:24.50	453	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
400 Freestyle	5:08.67	5:04.10	443	11/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
1500 Freestyle	21:24.61	21:08.40	367	10/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
50 Butterfly	34.55	34.00	353	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
100 Butterfly	1:22.56	1:21.60	303	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
50 Backstroke	36.17	35.60	409	30/12/23	Sprint With The Stars 2023	Leeds	NE232281	3
100 Backstroke	1:16.92	1:15.90	414	30/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
200 Backstroke	2:42.11	2:40.00	438	29/06/24	City of Bradford Summer Long Course Meet 2024	Leeds	NE240617	3
200 Individual Medley	2:48.07	2:45.70	422	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.87	31.50	409	18/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
100 Freestyle	1:06.81	1:08.10	425	08/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
200 Freestyle	2:23.52	2:25.90	454	07/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
400 Freestyle	5:04.52	5:09.10	438	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
50 Breaststroke	56.28	56.80	128	19/01/20	Bradford Grassroots Invitational Meet 2020	Shipley	NE200213	4
50 Butterfly	35.18	35.70	332	03/12/23	Doncaster Dartes Swim-Along-A-Santa Meet 2023	Leeds	NE232085	3
100 Butterfly	1:22.04	1:23.00	285	21/04/24	Harrogate Spa Town Meet 2024	Harrogate	NE240418	3
50 Backstroke	35.45	36.00	361	08/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
100 Backstroke	1:16.06	1:17.10	375	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
200 Backstroke	2:40.00	2:42.10	410	19/11/23	City of Bradford SC Winter Short Course Meet 2023	Leeds	NE230911	3
200 Individual Medley	2:43.60	2:46.00	413	08/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
400 Individual Medley	5:49.04	5:54.00	408	07/06/24	Scarborough SC Summer Splash 2024 A&B	Scarborough	NE240182	3
100 Individual Medley	1:18.39	1:18.40	374	12/11/23	Spenborough SC Bonfire Bash 2023	Leeds	NE230780	3