

Individual Best Times (All Time)

Emily Kemp - (1615500) - Rhondda Cynon Taf Performance Sw

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.97	41.50	178	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
100 Freestyle	1:44.93	1:44.10	119	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240195	3
50 Breaststroke	1:00.24	59.70	113	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240195	3
50 Backstroke	53.27	52.90	128	11/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff	WL230113	3
100 Backstroke	1:57.62	1:56.90	115	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240195	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.97	41.50	175	28/01/24	RCT Performance Winter Invitational 2024	Aberdare	WL240612	3
100 Freestyle	1:35.95	1:36.80	143	28/01/24	RCT Performance Winter Invitational 2024	Aberdare	WL240612	3
50 Breaststroke	1:01.03	1:01.50	100	07/04/24	RCT Performance Spring Invitational 2024	Rhondda	WL240499	3
100 Breaststroke	2:17.69	2:18.60	92	07/04/24	RCT Performance Spring Invitational 2024	Rhondda	WL240499	3
50 Butterfly	58.04	58.40	74	28/01/24	RCT Performance Winter Invitational 2024	Aberdare	WL240612	3
50 Backstroke	53.78	54.20	103	05/03/23	RCT Spring Invitational 2023	Ystrad	WL230619	3
100 Backstroke	2:08.68	2:09.30	77	25/09/22	RCT Club Championships	Rhondda	WL221154	3
100 Individual Medley	1:58.13	1:58.10	109	07/04/24	RCT Performance Spring Invitational 2024	Rhondda	WL240499	3