

# Individual Best Times (All Time)

Emily Yap - (363329) - Taunton Deane SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.17	26.40	656	24/01/15	Burns Open Meet 2015	Sheffield	NE150087	1
100 Freestyle	58.86	57.40	678	24/01/15	Burns Open Meet 2015	Sheffield	NE150087	1
200 Freestyle	2:12.22	2:09.60	621	04/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
400 Freestyle	4:43.34	4:38.30	573	22/07/11	British Gas ASA NAG Championships 2011	Sheffield	ASA111	1
800 Freestyle	9:52.70	9:42.90	547	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	ASA111	1
50 Breaststroke	39.02	38.20	417	09/01/16	United Bristol New Year Open Meet	Bristol	SW160136	1
100 Breaststroke	1:25.46	1:24.00	422	17/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
200 Breaststroke	3:07.47	3:04.60	394	12/06/11	BG South West Region Championships	Street	SWR102	1
50 Butterfly	38.45	38.00	256	23/01/10	Exeter City New Year Meet	Millfield	SW0079	1
100 Butterfly	1:14.93	1:13.90	405	14/04/13	Taunton Deane Easter Long Course Meet	Millfield	SW3253	1
50 Backstroke	31.05	30.40	647	02/05/15	ASA South West Summer Championships	Plymouth	SW150229	1
100 Backstroke	1:05.84	1:04.60	660	24/01/15	Burns Open Meet 2015	Sheffield	NE150087	1
200 Backstroke	2:24.98	2:22.70	612	14/06/14	ASA South West Region AG Championships	Bristol	SWR405	1
200 Individual Medley	2:30.52	2:27.90	588	18/05/14	Millfield Last Chance Swim Meet	Millfield	SW4457	1
400 Individual Medley	5:33.68	5:28.40	505	25/07/11	British Gas ASA NAG Championships 2011	Sheffield	ASA111	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.80	27.60	626	29/01/16	Somerset ASA County Championships	Millfield	SW160264	2
100 Freestyle	57.62	59.10	663	21/03/15	Somerset ASA Championships	Millfield	CC150478	2
200 Freestyle	2:08.32	2:11.00	635	15/11/14	Millfield & Taunton Super Series	Millfield	SW14073	2
400 Freestyle	4:39.65	4:44.60	565	16/10/16	Gloucester City Autumn Level 2	Gloucester	SW160133	2
50 Breaststroke	38.51	39.30	399	22/03/14	Somerset County Championships	Millfield	CC4078	2
100 Breaststroke	1:21.40	1:22.90	449	28/04/12	City of Newport Spring Open Meet	Newport	WAL425	2
200 Breaststroke	2:54.27	2:57.30	460	28/04/12	City of Newport Spring Open Meet	Newport	WAL425	2
50 Butterfly	31.30	31.90	472	21/03/15	Somerset ASA Championships	Millfield	CC150478	2
100 Butterfly	1:12.43	1:13.50	415	17/02/13	Somerset ASA County Championships	Millfield	CC3101	2
200 Butterfly	3:08.16	3:09.80	256	06/03/11	Somerset County Championships	Millfield	CC1029	2
50 Backstroke	30.74	31.40	554	22/03/15	Somerset ASA Championships	Millfield	CC150478	2
100 Backstroke	1:04.33	1:05.60	621	31/10/15	Millfield & Taunton Super Series	Millfield	SW151678	2
200 Backstroke	2:22.95	2:25.30	576	29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	SW14330	2
200 Individual Medley	2:27.78	2:30.40	560	16/11/14	Millfield & Taunton Super Series	Millfield	SW14073	2
400 Individual Medley	5:23.18	5:28.60	514	03/03/13	Somerset County Championships	Millfield	CC3103	2
100 Individual Medley	1:14.29	1:14.30	440	19/02/11	Somerset County Championships	Millfield	CC1028	2