

# Individual Best Times (All Time)

Emma Lomas - (410107) - City Of Oxford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.26	30.60	430	11/01/09	Welsh New Year Dragon	Swansea	WAL214	1
100 Freestyle	1:03.57	1:02.20	538	16/06/12	Cardiff International Open Meet	Cardiff	WAL437	1
200 Freestyle	2:17.73	2:15.20	550	03/12/11	South East Region Open & Junior Champs	Aldershot	SER127	1
400 Freestyle	4:42.32	4:37.30	579	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1
800 Freestyle	9:35.01	9:24.90	599	02/05/11	BG South East Region Youth Championships	Guildford	SER112	1
50 Breaststroke	36.41	35.50	513	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
100 Breaststroke	1:19.25	1:17.60	529	11/01/14	City of Derby Long Course L1 Meet	Sheffield	EM4033	1
200 Breaststroke	2:52.60	2:49.50	506	02/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1
50 Butterfly	47.82	47.40	133	23/09/06	Wycombe District Age Grp	High Wycombe	SE6178	3
50 Backstroke	36.80	36.20	388	26/10/08	Rushmoor Royals Autumn Mt	Aldershot	SE8422	2
100 Backstroke	1:11.43	1:10.30	517	03/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Backstroke	2:33.99	2:31.80	511	11/01/14	City of Derby Long Course L1 Meet	Sheffield	EM4033	1
200 Individual Medley	2:32.06	2:29.40	570	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1
400 Individual Medley	5:17.72	5:12.10	585	02/05/11	BG South East Region Youth Championships	Guildford	SER112	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.64	29.40	513	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
100 Freestyle	1:01.01	1:02.40	558	10/03/13	Oxfordshire & North Bucks County Champs	Aylesbury	CC3109	2
200 Freestyle	2:10.10	2:12.70	609	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
400 Freestyle	4:31.56	4:36.70	617	19/02/12	Oxon & North Bucks County Championships	Aylesbury	CC2025	2
800 Freestyle	9:22.63	9:32.80	610	06/11/11	City of Oxford Club Championships	Oxford	SE1504	4
50 Breaststroke	34.90	35.80	537	16/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
100 Breaststroke	1:16.11	1:17.70	550	09/03/13	Oxfordshire & North Bucks County Champs	Aylesbury	CC3109	2
200 Breaststroke	2:44.23	2:47.40	550	16/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
50 Butterfly	31.59	32.20	459	08/03/14	Oxfordshire & N Bucks County Championships	Aylesbury	CC4019	2
100 Butterfly	1:09.85	1:10.90	463	18/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2
200 Butterfly	2:41.40	2:43.30	406	16/07/11	City of Oxford Level 3 Open Meet	Oxford	SE1357	3
50 Backstroke	31.81	32.40	500	10/03/13	Oxfordshire & North Bucks County Champs	Aylesbury	CC3109	2
100 Backstroke	1:06.39	1:07.60	565	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
200 Backstroke	2:22.23	2:24.60	584	09/03/14	Oxfordshire & N Bucks County Championships	Aylesbury	CC4019	2
200 Individual Medley	2:24.62	2:27.30	598	09/03/13	Oxfordshire & North Bucks County Champs	Aylesbury	CC3109	2
400 Individual Medley	5:06.60	5:12.30	602	15/05/11	Hatfield UK Challenge 2011	Hatfield	ER1309	2
100 Individual Medley	1:08.21	1:08.20	568	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2